



The National Black Unity News

Promoting Unity In Our Communities, We Are Keeping The Dream Alive!

If Not Us, Then Who? If Not Now, Then When?

<http://www.thenationalblackunitynews.com/>

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From The Publisher
David Murphy
In The Beginning
God Spoke
Page 3



From The Editor & Chief
Bill Goodin
Staying The Course
Page 3



Cut the Rope - 409

Managing Director
Walter E. Murphy
Page 4



Celebrate Your Past, Experience Your Present, Anticipate Your Future

Technical Editor
Dr. Barbara Watties
Page 4

MARCHING INTO A NEW YEAR & INTO OUR DESTINY



Editor
Melaughn Butler
College Pro-Activist
See page 19



National Editor
Donata D. Mooring
Certified Sleep Science Coach
See page 21



Editor
Charles E. Pender PH.D
Author & Activist
See page 23

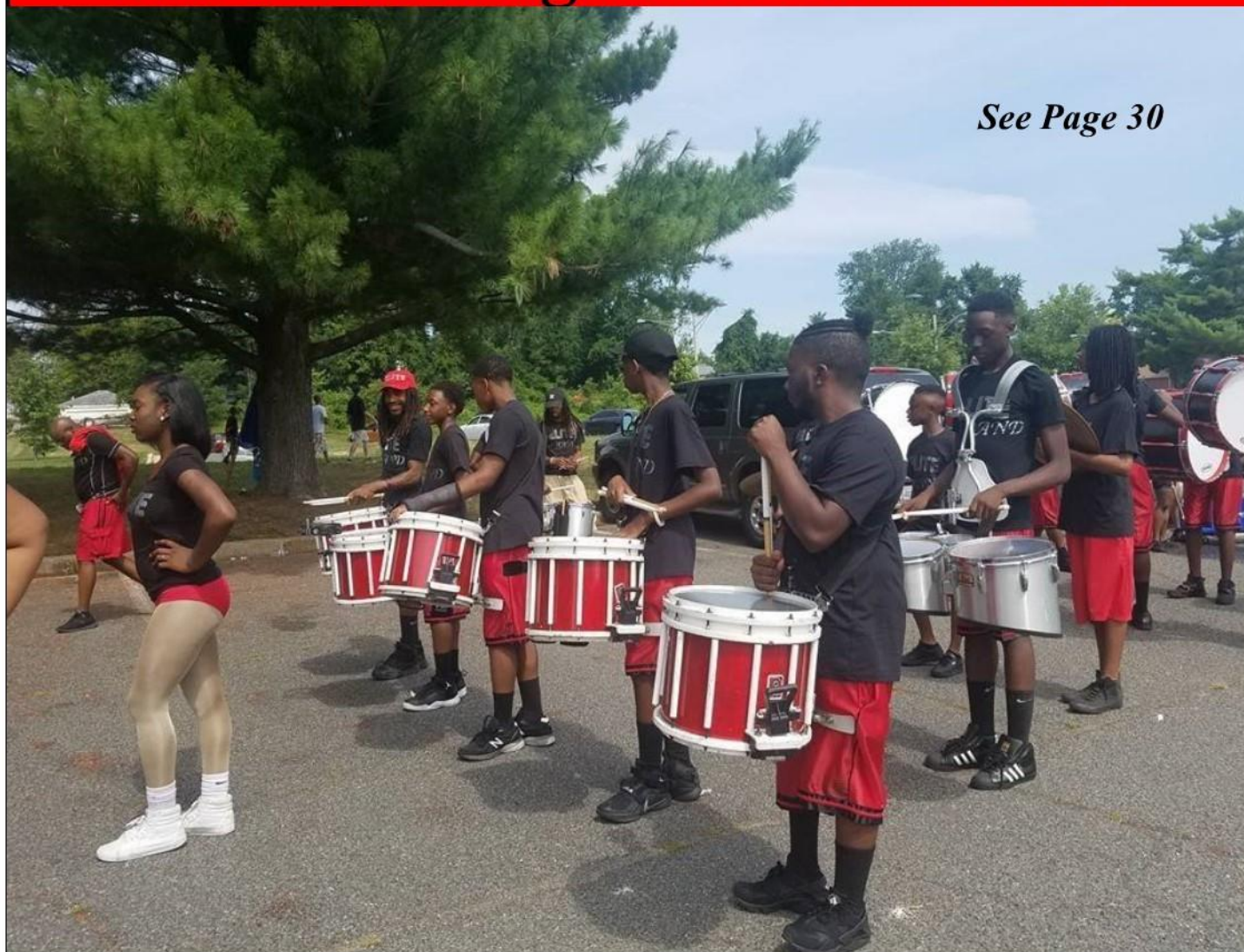


National Editor
Catherine Brown
Fitness & Nutrition
See page 20



National Editor
James Sweetings III
Legal Services
See page 5

The Marching Elite Foundation



See Page 30

Support Our Youth! Article On The Marching Elite By, *Abimbola Ajaiyeoba*

REACHING AMERICA & BEYOND

How Collaboration Can Help Our Youth In Nigeria! (See pages 9, 24, & 29)



Black Men Unifying Black Men

Us Helping Us = Unity

If Not Us, Then Who? If Not Now Then When?

Another Year Black Men! See Page 17

What's Inside

Economics/Finance.....Page 6	Travel.....Page 14
Self Development.....Page 9	Youth.....Page 18
Perspective.....Page 8	Health/Fitness.....Page 20
Still a Rose.....Page 11	Rhythm People.....Page 22
Positive Words.....Page 12	Classifieds.....Page 33
Plus More!	

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Lou Fields, CEO, BAATC/BDX/BBH TOURS ::
Tel: 443.983.7974 Email: loucfields@gmail.com
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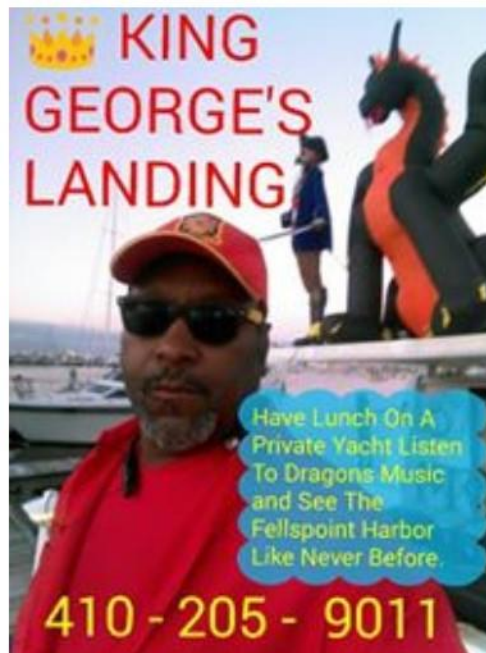
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Publisher
David Murphy

Editor in Chief
Bill Goodin

Technical Editor
Dr. Barbara Watties

Managing Director
Walter Murphy

National Sales Director
Aaron Gray

Accounts Executive
Abimbola Ajaiyeoba

Accounts Executive
Vernon Streater

Editor: Afunemuda
Faouly A. Umoja

Editor: Entertainment
Kim Poole

Editor: Faith Base & Religion
Rev. Theresa Mercer

Editor: Faith
Imam Bilal Omar

Editor: Finance
Wayne Randall

Editor: Fitness/Nutrition
Catherine Brown

Editor: Legal
James Sweeting, III

Editor: Powerful Thoughts & Words
Achaniel F. Lucas, Sr.

Editor: Self Development
Fran Allen

Editor: Sleep Disorders
Donata D. Mooring

Editor: Travel Services
Sitawi & Cynthia Jahi

Editor: Youth
Kathleen Murphy

Editor: Youth Programs
Mélaughn Butler

Contributors
B.M.U.B.M.
BDX
Lou Fields

Breaking Bread Restaurant
Edward & Kimberly Ellis

In God's Hands
Rico Crawley

Nailah's Kitchen
Mohammed Agbodjogbe

Perspective
Rana Hardnett

Sharecropper's Life
Jim McKnight
Sahara Bowser

Universal Hair Spa
Brother J

King George Landing
George Harris

Contributors
Angela Scruggs
Bill Curtis
Dennis Winkler
Rev. Dr. Andre H. Humphrey
George Mitchell
Larone Dyson
Lila Arthur
Maryland Council Of Elders
Mosaiah Fit
Sakina Holiday
Stephanie Poplar
Thomas Hardnett



National Publisher
David L. Murphy Sr.

**Publisher, Entrepreneur, Organizer,
Graphic Artist, & Strategist**

In The Beginning, God Spoke!

Words are powerful, and they come in many forms such as the written, song, verbal and nonverbal. Words are like a two-edged sword (They cut both ways). Words can inspire you or they can cause despair. It is also written that words do not come back void! Words have caused wars and rumors of wars, and words can bring peace!

As we enter the year 2019, people will often use words such as new beginnings, resolutions, starting over and this will be my year! On that note, what makes December 31, 2018, different from January 1, 2019?

What a difference a day makes is the mindset of people!

Could it be that we chose to close the chapter of one year and open a new chapter for a new year? In other words, could it be that we are making a choice to renew, refresh or to think more positive about this day than what we thought about the day before?

Words like hope, prayers, and inspiration are life-altering for

those who believe things or they can change! I've often heard of phrases like, "as a man thinketh so is he," Believe and Achieve," "If it is to be then it is up to me: and "all things are possible if we only believe!

Words are extremely important because we use words to communicate our thoughts, our feelings or to convey our knowledge to one another! I and many others choose The National Black Unity News to share our thoughts and opinions to inspire, bring hope and provide solutions to Black, Afrocentric people of America and beyond!

As we move from day to day, I hope that we choose our words and actions wisely! Our quality of life is at stake. The futures of generations will be effective by the way we communicate and share solutions to issues that affect us as a race of people!

I hope that you pay attention to the words and choices you make! I hope and pray that you pay forward positive communications to each other! The National Black Unity News will continue to bring forth positive, motivating, inspirational and life-altering information that can enhance your quality of life!

If you have some positive words and solutions to uplift our people, then we want to hear from you! We are seeking individuals' who want to and can help us, to help ourselves! As we move forward into the year 2019, let's choose to use our words, talents, gifts, and money for the upliftment of our people! Pay it forward!

Remember this: even Freedom Comes With A Price!



National Editor & Chief
Bill Goodin

Activist, Author, Publisher & Organizer

Passion Is A Love Affair

When one has a passion it becomes that something that one will do regardless of anything else. If one can not make money from the passion they treasure, they will continue to pursue it because it will not let them go and neither will they let it go.

It is in many ways like a love affair, when one is in love with another person and even when it comes to where the other person does not love you back, the one who can not let go will cling on...trying to make something work that is no longer there.

Passion just like love is the something that drives many of us. Having a passion to do something despite the obstacles and circumstances can be a curse or a blessing. It is just like one determined to hold on to love that has gone bad.

In truth passion, as well as love, is a good thing and if we were, honest with ourselves it is far too less of both of them in the communities that we reside in. If we had the passion

for where we live, our communities would be spotless and would have very little crime.

On the other side, if we could find the love for our communities that once was there, our communities could be void from much of the havoc and suffering. However, that is the challenge.

Why have we as a people, not all of us, but far too many of us have lost passion and have lost love for our communities How do we as a people find our way back?

Many of us could give a lot of reasons as to why we are at this point and could give claim to what has happened to us. Most of what one would say would be true but despite what has happened is not the critical question, the critical question is what do we do about what has happened.

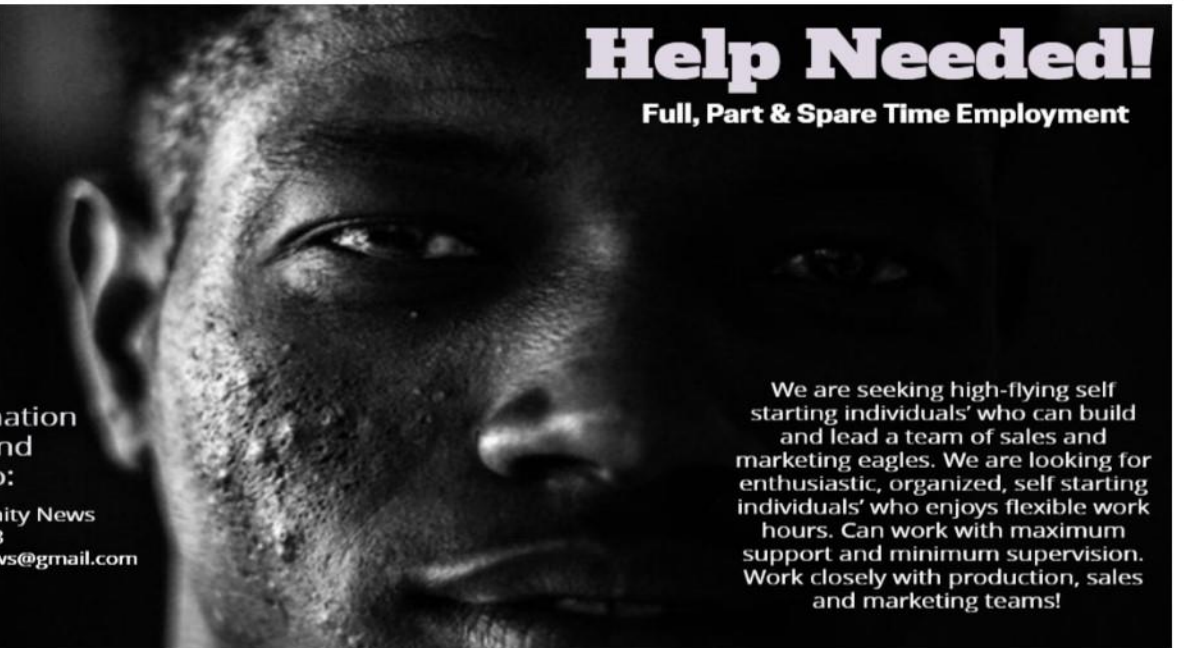
If I were to start giving the answer and multiple answers I think I would say, we have to find the passion for the "CREATOR" and once we find that passion, we will find passion and love for one another.

It is hard to unify if there is not passion and a commitment to love. Passion allows us to love those of us who do not love ourselves and it will allow us to continue to work for the betterment

Somewhere in the "Bible", it states, that if we would humble ourselves and turn from our wicked ways and seek they face, that then we will hear from heaven Let us humble ourselves and pray my brothers and sisters.



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National Manager
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Cut the Rope - 409

This may be a confusing byline, but this is not a misleading byline. This article is about success and failure...winning and losing as these two stories will reveal.

There was no moon. Clouds covered the stars. Visibility was zero. Everything was black.

This story told of a mountain climber who desperately wanted to conquer the Aconcagua, the highest mountain in the Argentine Andes. He initiated his climb after years of preparation. Because he wanted the glory all to himself, he went up alone. As the day passed and it began to get dark, he did not stop to camp for the night but kept going. Night fell.

As the climber neared a ridge at about a hundred meters from the top, he slipped and fell into the total darkness below. In those anguishing moments when he was in free fall, memories flashed through his mind, both good and bad. He was certain he would die.

But then a jolt almost tore him in half. Like any sensible mountain climber, he had used pitons and a long rope tied

around his waist to stake himself to the mountain. The top piton held, and the rope broke his fall.

He groped in the darkness for the side of the mountain, but it was out of reach. In the terrifying moments that followed, as he hung suspended, he cried out in desperation, "Help me, God! Help me!". Then he heard a voice. "Cut the rope!" "....." What? "... Cut the rope!" More stillness followed, as the man held all the tighter and swung slowly back and forth, hoping in vain to make contact with the side of the mountain.

Other climbers found him the next day, still hanging from the mountain, frozen to death ... two feet above a wide ledge. Unseen by him, the ledge would have been a safe spot where he could have dropped, recovered, built a small fire for warmth, and camped for the night. Copyright © 2001-2012 Veritas MC

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He groped in the darkness for the side of the mountain, but it was out of reach. In the terrifying Continued On Page 29



Editor:
Dr. Barbara Watties
The National Unity News

Celebrate Your Past, Experience Your Present, Anticipate Your Future

As we turn the calendar to face a new year with all of its new opportunities let's begin with a clean slate. Let's leave all our yesterdays with their history in the past. I know some of us have lived through some situations, circumstances, issues, failures, and conditions that have left us numb in body, mind and spirit. But as we usher in a new year it is time to forget all the negativity, difficulties and failures of the past year. Because no matter how much we reflect on the past we cannot go back in time to

change our disappointments, discouragements, or mistakes. Let patience prevail and stop thinking about the past, work on the present to foster a brighter future. Always remember "Today's patience can transform yesterday's discouragements into tomorrow's discoveries. Today's purposes can turn yesterday's defeats into tomorrow's determination." - William Arthur Ward.

As you express your thoughts on the first page of this new book entitled with (your name) 2019 begin with revisiting

and jotting down those beautiful memories of the loved ones you have loss. Revisit and summarize past experiences and take a lesson from your previous mistakes. Be proud of the tiniest achievement you have made. Reach out to family, (forgetting and forgiving), reconnect with old friends and establish new friendships and relationships. But most of all take time to make constructive plans and viable resolutions, ones that express your hopes, dreams, visions, and goals for the future. Where possible create a timeline for success.

As you begin your uphill journey climbing the ladder of anticipation- your hopes, dreams - your visions and goals - don't let your past enslave your present thereby destroying your future. Make a commitment that will ultimately fulfill YOU. Do something that gives your spirit pleasure. Make certain that it is something you are passionate about; something that will fulfill that dream/ that reoccurring vision. In other words "do what you love to do and give it your very best." Place it in your mind's eye.

Bring it to life. Then affirm it! Remember "Dedicated entrepreneurs and mission pioneers "create a vision, articulate the vision, passionately own the vision, and relentlessly drive it to completion." - Jack Welch As long as you allow your passion to touch and motivate your spirit you should do your damndest to perfect whatever you do.

Prime your creative inner beings of juices that fosters your imagination. Then focus on your gifts and talents. Celebrate them and evaluate what you do, how you do it, and why you do it. Trust me people seldom believe in you because of what you do. Believe it or not, most people believe in you because of why you do what you do. Whether you are providing a product or a service it is not just the product or the service that invites the general public. Believe it or not, their love for your innovative presentation, your creative pride, your commitment to and love for what you do is what attracts them to what you have to offer. Because in the end, your success will Continued on page 27



National Sales Director
Aaron Gray
Professional Sales & Marketing

I have been in sales for over 30 years with a score of successes. I believe that the most successful sales person is one that is truly an expert of the product or service and the benefits being offered. Every offer is not for today, so persistence pays. True affirmations and tools

that maintain a high level of motivation are necessary.

I am excited and truly looking forward to working with future sales associates in this great endeavor. Every individual has sales potential, it will be my job and my pleasure to help bring it out of

whomever has a desire.

We are seeking companies, organizations and individuals that are seeking to reach Black/African Americans nationwide and beyond. If you want a national audience so that you can inspire, teach, inform or you may have a service or products that can enhance Black African Americans' quality of life then we are seeking you!

Also we are seeking high-flying self starting individuals who can build and lead a team of sales and marketing eagles. We are looking for enthusiastic, organized, self starting individuals who enjoys flexible work hours. Can work with maximum support and minimum

supervision! Work closely with production, sales and marketing staffs to create exceptional programs that get results for our clients!

Do you or anyone you know who maybe interested in partnering with us on a venture that will expose/highlight, network and keep black dollars (1.2 Trillion Spending Power) circulating throughout the Black Community, Businesses and Organizations! In addition, this joint venture will give massive exposure to Black/African Americans nationwide!

Thank you and together we will make a difference for the better.

Aaron Gray
443-996-8245

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The National Black Unity News
P.O. Box 68255
Baltimore Maryland 21216
443-455-2373 or 410-746-3607



**National Editor
Legal Services**
James Sweeting III
**The Law Offices Of
James Sweeting III, LLC**

Why I am a proud Black man, I love my people and my heritage, there is no escaping this fact, however as a professional, entrepreneur and small business owner who happens to be Black, I must ask, is that pride that love returned to me? I have always known, and continue to observe a phenomenon in our community that causes me great consternation. The fact is that on all occasions my own community requires more of the black man in my position than his white competitor. The why' that I propound to the reader is this, why do my beloved members of the African American community require perfection from the black man but settle for mediocrity from the white?

When I was a young attorney in the late '80s in Sanford Florida, I had a mentor Harry Lamb. Mr. Lamb would share the story of a client of his whom he had been providing legal services for free as a community service, who entered his Office one day on crutches with her leg in a cast. Upon seeing the lady's condition Mr. Lamb enquired as to what had caused such visible injuries and was informed that she had been hit by a bus. Mr. Lamb commented that she had a good case, to which the woman responded, "that is what her lawyer told her."

Mr. Lamb never let me forget that this woman's choice to go elsewhere, deprived him and by extension the African American community of the opportunity to make a dollar. Mr. Lamb would tell me she never thought of him as an attorney equal with other legal service providers, he was the free attorney, the black attorney, the attorney of last resort, condemned to the back of the bus, by our own people.

As I watched the recent gubernatorial election here in Maryland, I was astounded by the level of support that the Republican Hogan received in predominantly African American, democratic Baltimore City. In speaking with democratic Hogan supporters I heard that Hogan was not so bad that he was alright and a moderate, the enthusiasm for him was less than acute but they were still willing to support his candidacy. When I referenced his democratic African American opponent Ben Jealous to these same individuals the opposition to his candidacy, was not vehement, no one pointed to any one overwhelming deficiency, he just was not afforded the same benefit of the doubt to the extent that Hogan was. You see in our community it was alright for Hogan to mediocre, luke warm, Iffy, his African Ameri-

can opponent was required to excel and if he did not excel on every

point then we were willing to swing our support to his White opponent, as a

community we condemned the Jealous campaign to the back of the bus.

Malcolm X had a sermon that I encourage everyone to listen to labeled "Who taught you to Hate", in this sermon which was addressed to critics of The Honorable Elijah Mohammed who was then, as Minister Farrakhan is now, accused of teaching hate. In the sermon Malcolm thundered as follows; "Who taught you to hate the texture of your hair? Who taught you to hate the color of your skin? To such extent, you bleach, to get like the white man. Who taught you to hate the shape of your nose and the shape of your lips? Who taught you to hate yourself from the top of your head to the soles of your feet? Who taught you to hate your own kind? Who taught you to hate the race that you belong to so much that you don't want to be around each other?"

A person would do well to listen or read the whole sermon which can be found here, <https://genius.com/3945672>.

Unfortunately, in 2019, 400 years after the first Africans were introduced into the Western Hemisphere in bondage, we have yet to unlearn the slavers lessons imposed as liberally as the lash, of self-hate. I taught my daughters that they could never love anyone else properly until they first loved and valued themselves. Love, success, and prosperity must have a root and a foundation a starting point which is faith in God and belief in oneself. We will never progress as a race until we are able to over-

come our leaned dislike of each other until we learn that the solutions for our community and our progress lie within one another until we learn to trust and believe in ourselves.

We must serve and support each other, the conduct of African Americans will never be judged on the same standard as whites, just look at the difference in the treatment President Obama received during his presidency as compared to the deference given to the proven liar, self-dealer and thief that is President Trump, or the inept President Bush or the adulterous President Clinton. If 400 years of this system has taught us nothing, we should have at least learned that if we don't give ourselves a chance no one else ever will.

Yes, black professionals, preachers, and politicians are imperfect. Sometimes they screw up, sometimes they steal they lie and they cheat, but no more than their white counterparts, these deficiencies are not inherent in their blackness, it is inherent in their humanity. Black is beautiful it is no way and will never be less.

May I ask that you do not require your fellow African American's to be super-human. It is quite possible that Ben Jealous would have made a horrible Governor, or he may not have obtained the Office of Governor even if every black person in Maryland had voted for him. We will never know because we never gave him a chance. We back bussed his candidacy and his campaign. As a community, we are not going to develop our potential if we continue to kneecap one another. It alright to hold those that serve you to a rigorous standard, just make sure it's an equal one.



Founded in Orlando in 1989, the Law Firm currently has offices in Central Florida at 37 N. Orange Avenue, Suite 500, Orlando Florida 32801 and in Northern Maryland at 17 W. Courtland Street, Suite 110, Bel Air Maryland 21014.

The Law Offices of James Sweeting III, LLC is a proven dedicated full service Law Firm that has been providing essential legal services to clients for over twenty-six years. Conveniently located, the firm services both Central Florida and through its affiliates the entire State of Maryland. From these locations the Firm addresses a wide variety of it's clients legal needs.

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competent and are able to meet the necessary requirements for providing high quality service in the modern legal environment.

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Clients are encouraged to interact with and utilize the firms technological resources to enhance their experience with the firm and their awareness of the legal issues they face. For example, clients are provided the means to schedule their own appointments through the utilization of the setmore application by simply clicking on the following link or pasting it to their browser <http://sweetinglaw.setmore.com>. Similarly, the Firm employs the leading legal research engine which grants access to Court Decisions and Statutes of all Fifty States as well as the Federal Government and HIPPA compliant document storage and sharing through the utilization of Dropbox Enterprise.



The Law Offices of James Sweeting III, LLC
Orlando Office:
505 W. South Street, Suite 100
Orlando Florida 32805
(407) 900 3591
Maryland Offices:
Baltimore City
218 E. Lexington Street, Suite 505
Baltimore Maryland 21202
(443) 708 1969
Harford County
17 W. Courtland Street, Suite 110
Bel Air Maryland 21014
(443) 267 7534

**Law Offices Of
James Sweeting LLC**

443-267-7534

17 W. Courtland St.
Bel Air, MD 21014
James@sweetinglaw.com

218 E. Lexington Ave.
Suite 505
Baltimore, MD 21202

www.sweetinglaw.com

**"It may be true that the law cannot make a man love me, but it can stop him from lynching me, and I think that's pretty important."
— Martin Luther King Jr.**



National Editor
Wayne Randall
Financial Consultant

Your Fresh Start Why is it so Important in FY2019

Happy New Years greetings to you all! Now that the dust has settled and the decorations are coming down it allows us time to reflect on the wonderful holiday we shared with family and friends. January represents new beginnings and new opportunities. As companies start Q1 with new books think of your life in the same matter. Here's your chance at a clean slate. Hopefully, what I stressed in my last article didn't fall on deaf ears about hitting that slippery slope. And you're one of the fortunate ones that didn't get completely immersed in the hoopla of excessive spending. If so, congratulation! You kept your wits about yourself and didn't spiral down into that pitfall. As you know it can be very difficult to recover from. That was my inspiration for writing **T'is the Season**. To bring about level of awareness to the African American consumer that these types of things are programmed to happen if you're not conscious of them.

Analysis

During the holiday season we knew two things for sure people expect shop and they love mobile. In fact, mobile is so effective at capturing consumers' attention and offering retailers low cost, high reward marketing opportunities, some emerging retail businesses

are replacing Venture Capital (VC) funding with smart, mobile integration strategies and turning profits. In light of this consumers spent \$7.8B in retail purchases on their Smartphone's in 2012 a figure that grew to more than \$60B in 2016 and is expected to reach \$93.5B by the end of 2018 and \$175B in 2022. Growth-minded retailers will find it impossible to ignore the opportunities surrounding mobile this season and into the New Year.

Note the time and effort spent in making these comparisons from year to year it's historical data that speech volumes to the big chains as to where the dollars are being spent and how much. Not to mention, who's; who when it comes to attracting business like Amazon and the other giants online or offline. The take away is how consumer spending is monitor from the start of the season to the end. There are those things that are inevitable in life that we can't control, but when it comes to your finances you must take control! For your sake and the sake of your family most of us have obligations in one form or another. It's the Q1 so, take heed of the opportunity. Map out the goals you want to achieve between now into the next quarter Q2. I speak

to you in these terms because companies forecast projections quarterly to reach goals. So, should you. If they fall short they continue into the following quarter with that same goal their trying to reach. Once they hit their mark other targets are set if not already. I use this analogy for you to see your own life through the eyes of your management. Subsequently, you'll be doing this for the next 12 months. So, grab the bull by the horns and set realistic goals that are within your grasp. That's why I've taken the time to add another video as an extension to convey target savings goals again. Unlike the previous one where I talked about staggering your expenses over the different pay periods. This time I demonstrate how much you can save each pay period and I illustrate that in the video. This is paramount that you set aside for you and your family early on in the year. Were creatures of habit once you start forming a pattern in your savings you'll yield results. With that said, we should be conscious that another event is right around the corner. Rests assure you still have time to work on yourself prior that.

Food for Thought

Tax season is coming so if you owe or if you're looking for a return it's what you're going to do with it that counts! Oftentimes, I hear people go on about how much money they made last year. In essence, how much did they save or invest in their 401k, 403(b) or IRA for their retirement. "Money is only something you need if you don't die the day or tomorrow". So, use your tools WISELY. Like many people you may be entitled to a return think now where can

I put some of it. However, if you're on the flip side of that equation like many of us are well, just bit the bullet and structure a payment plan and keep it moving! Remember, this is ONLY an event that happens once a year. Personally, I don't get myself stress out about it. Be smart make sure you file. However, if you need time complete form 4868 by April 15th or complete it online <https://www.irs.gov/forms-pubs/extension-of-time-to-file-your-tax-return>.

It's just another one of those inevitable things in life you can't do anything about. So, spend less time stressing over it and get with a plan. If you have to cut something out that was not beneficial to you last year consult me I'll be objective and open minded about it. In assisting you with coming up with the right conclusion going forward remember you want to come out the gate with a different perspective on your financial outlook. I reiterate what's not productive for your outlook let it GO! Oftentimes, we have to change our behavior in order to achieve a level of success in anything. In other words, you may have to consecrate yourself from the NOISE. The astute know there are times when it's necessary to do so. My primary objective is to steer you in the right direction so you can apply these concepts in your life. Once the light bulb comes ON you've got it! Visit my website I have content and visual tools in place to further aid you in the process. Don't hesitate to contact me contact me at w@yourfinance-info.com or call.

Have a Prosperous New Year!
Wayne

**Wayne Randall
Financial Service**

Enlightening The Black Community:
Financial Food For Thought

The Importance Of A Month To
Month Budget

- * Cash Flow & Making Sense Of It All
- * Not Spending Above Your Means
- * Financial Discipline

Participating In Your company's
Retirement Plan

- * Am I Too Young? Am I Too Old?
- * Why Should I Invest?
- * How Much Should I Invest?

Your Credit & What It Means

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<http://yourfinance-info.com/>



**Business Consultant
Lila Arthur
Primerica Financial**

Choosing The Best Home Business Opportunity

Choosing a business opportunity is similar to finding a new job except that you will be the boss and sole investor in the company. Because there are many opportunities online and off, you need to consider a few factors before investing any time or money. The best way to choose a home business opportunity is to decide what you are passionate about and the type of business you can see yourself in many years from now. Because starting a business can be stressful, time consuming, and less than profitable in the beginning, you need to be cautious about which business you go into so you

can become as successful as possible. For many people, concentrating on a particular skill is how they find a business opportunity. If you are a natural born salesperson, you understand computers, or you have creative talents that others will want to use, then you may already have a direction. If not, then you should consider past job experiences, hobbies, and other interests that could turn a profit. You may even be able to combine a few skills in order to offer customers more than they expected. Creating a list of possible businesses can help narrow down your choices and help

you find the right one.

Research is another way to help sort out which business you should go into. Once you've created your list, you should see which businesses are in demand the most. This can be done through Internet research, community research, or by asking friends and family what they think. Many businesses are born out of the desire to create something new, but unless you have the business sense and financial means needed to introduce a new product or service, you may want to choose a business opportunity that people are more familiar with. Selling items online, for example, has become a popular business opportunity and one that has plenty of room for different products.

Keep in mind that once you select the type of business, you will need to devise a plan to help you pay for start-up costs, materials, and other items you may need. Also, you should have enough saved you can live off of until you start making a profit. This is very important. When you need to pay bills and other costs of living, your stress levels may be increased. This can turn your attentions elsewhere

and keep you from putting your energy into your business. By focusing on your business goals, you will be able to forge a successful business, but it may take some time.

Starting any business is a risk, but when you plan accordingly, you will be much more successful. Creating a business plan, choosing a business that suits your needs, and learning more about your competition are all ways for you to increase sales and exposure. Once you build a customer base, you will see a steady stream of sales and the stress will begin to wear off. Over time, your business will grow and you will begin to enjoy even more of the benefits.

I have an opportunity that is financially re-warding and you can help people to help themselves! I will give you the proper guidance that will assure your success. I have a step by step success plan, all you have to do is be coachable and willing to go after what you want out of life.

Call me and let's talk about your future success! Lila Arthur: **667-231-0819**

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In honor of Black History Month, Primerica salutes the African American Leadership Council (AALC), which empowers the African American community by delivering the resources they need in order to reach their dreams. For more than 16 years, they have sat across the kitchen table, providing the solutions families need - and we are proud of their efforts that help people from all walks of life reach for financial independence.

Lila Arthur
667-231-0819

A HISTORY OF DIVERSITY

Forty years ago, Primerica was founded on the commitment to help Main Street North Americans live extraordinary lives by providing both the financial education and solutions they need. Helping these families is who we are.

Primerica is proud to celebrate Black History Month by honoring the strength of our diverse sales force and celebrating their hard work in making a difference. Our representatives come from all walks of life, each empowered to meet the unique needs of families within their communities.

To find out how Primerica can help you create a better life for your family, visit us at primerica.com.

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Youth Perspective
Rana Hardnett
Broadcast Journalism Major

The Angry Black Woman Stereotype Has Ceased To Fade

The angry Black woman is defined as an African-American woman who is sassy, ill-mannered and ill-tempered by nature, according to the Merriam-Webster’s dictionary. The stereotype dates back to 19th century America when minstrel shows created comic skits mocking Black people’s physical features. The 1930s show “Amos ‘n’ Andy” was one of the first modern depictions of the stereotype with its character Mrs. Sapphire, a overly sassy Black woman. Even though the stereotype has changed over time, the media still seem to portray African-American women in a negative light.

In movies and TV shows, the angry Black woman is often used as comedic relief. Black filmmaker Tyler Perry makes movies targeted to African-Americans, but his films seems to only portray Black men positively.

In Perry’s 2007 film, “Why Did I

Get Married?”, and 2012 film “Think Like A Man,” lead female characters were depicted as angry Black women constantly looking to



Madea, famous angry Black woman in Tyler Perry movies and television shows

start an argument. Madea, played by Perry, is another negative portrayal of Black women, an aggressive convict and poor, single mother.

The stereotype is also present on

social platforms. Instagram comedians often mimic Black women by putting on wigs and acting out skits, showing African-American women as aggressive. Kwaylon Rogers, known on Instagram as @blameitonkway, is a social media comedian who performs skits highlighting the stereotype. When these depictions are showcased on social platforms and in the media, subconscious beliefs about Black women are created, which can have negative implications in society.

Cartoon of Serena Williams at the U.S Open final. Illustrated by Mark Knight for the Herald Sun, a news publication in Melbourne, Australia.

The stereotype prevailed in the

sports world when Serena Williams was penalized at the U.S. Open Final on Sept. 8. She received a code violation for breaking her racquet and calling the umpire a thief. Australian cartoonist Mark Knight published a racist illustration of Williams that featured the same physical characteristics that Blacks were made fun of in minstrel shows: big lips, heavy-set build and nappy hair.

It’s easy to use African-American woman for a good laugh, but Black women view these depictions differently.

“It seems impossible to be a Black woman and not be angry after generations of oppression, discrimination and erasure,” said Robin Boylorn, an intercultural communications professor at the University of Alabama.

If anything, it’s a surprise Black women aren’t as consumed by anger as they should be considering the struggles they currently and will continue to face. Yet, given how Black women are portrayed in the media, it’s as if society wants them to be angry. Men are allowed to use upset as a way to demonstrate their masculinity. White women are allowed to be irate, too. But Black women aren’t allowed to express irritation without being demonized.

IEP Aides Needed

Individual Education Plan (IEP) One on One Aides Needed. Training is Provided. Experience working with children is preferred. Clean criminal background. Must be able to start immediately



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National Editor: Self Development
Fran Allen
 Author, Motivational Speaker, Workshop
 Facilitator and Non-profit Fundraiser

WHAT WILL YOU GIVE TO GET WHAT YOU NEED?

So many people are hurting and suffering from unimaginable pain. Pain emotionally, pain physically, pain financially. No matter what kind of pain, it's still anxiety, frustration, anger, rage, physical discomfort, confusion, all feelings that are beyond their ability to control that are now controlling them. How does this happen? Is it just a fact of life, that people will automatically have pain in their lives? Is this what can/should be expected as we come into this world at birth and develop into the people we are to become?

That's some stinking thinking as my friend Frank would say, and I agree.

Life is what you make it, from the beginning to the end, good or bad. The quality of life, your life, my life, anyone's life, is no more or less than the choices that are made for us as minors and the choices we make for ourselves when we come of age and assume responsibility for making our own choices. That said, if early on, someone makes poor choices where you are concerned, are you then destined to continue to make poor choices for yourself? Before you spend too much time over-thinking the answer, let me suggest an answer. NO. As soon as you are able to process information, as soon as you have learned what "yes" and

"no" mean and you have the ability to choose "yes" or "no", you are already contributing to the quality of your life. There is also something that every human has, no matter their age, gender or ethnicity. It is meant to guide and direct your path and it is called instinct. It only comes from one place. Instinct is innate, natural and intuitive. It is a part of your DNA makeup just like the color of your eyes or the texture of your hair. Instincts begin small like quiet little messages in the back of your mind that you don't even notice. Then, as we develop into independent thinkers, we begin to notice a connection between thinking and feeling, like the way we feel nervous and nauseous in our stomach and our knees and hands shake when we are afraid. These feelings are your instincts kicking in to guide you and direct you. They are never wrong, and you should always listen to them. Your instincts will keep you away from heartache, financial strain, physical pain, and emotional distress. The challenge is we allow what we want to override what we need. Instead of seriously considering the consequences when we feel our instincts kick-

ing in, we ignore them and open the door to catastrophe and devastation. I can speak from personal experience here. I have ignored my own instincts from time to time and invited unspeakable pain into my own life. What the heck was I thinking? In short, and for what it's worth, I wasn't thinking at all. So, what did I learn from all my dumb, selfish, immature, and sometimes crazy choices? I learned that I had to give up my short-lived immediate gratification to get the lasting long-term security and raised quality of life that I needed and deserved.

Understand there are trade-offs in life! Don't trade beauty to be cute. Don't trade love for sex. Don't trade permanent financial security for a chance to win the lottery. A life without your wants won't matter much if you have nothing you need. Listen to your instincts and think about your decisions, the good and the bad that could come about, before you decide. Take care of yourself and what you need before you sacrifice unnecessarily for something or someone you want, especially if there is no reciprocation. I hope you will choose you and I'll see you on the journey.

ENTREPRENEURSHIP: COLLABORATION IS KEY!

When opportunity comes knocking, will you be ready? I often asked myself this question as I work on me and my craft to be better every day. Then, out of nowhere, opportunity knocked. I prayed for God to give me something that was just for me and He heard and answered. Through one of my social media platforms I was contacted by a member of the leadership team of an extraordinary once in a lifetime endeavor and offered a chance to participate in a national campaign, as a motivational speaker, called "Building Young Entrepreneurs" (BYE). This campaign will be convened and hosted across the country of Nigeria in 2019 and positively impact thousands of students throughout the year. This is what I prayed for, what I was working on myself for and what my life has been purposed for. I accepted the opportunity and my journey began.

The purpose of the BYE campaign, basically, is to motivate, inspire, encourage and educate young people to consider taking control of their own destinies by becoming employers instead of employees, and start their own businesses. This is a much-simplified description but hits right at the heart of the mission of the BYE Campaign. But it doesn't stop here. Wanting to be of service to the investment in the lives of these young people, I offered to create and donate for the exclusive use of the BYE Campaign, a workbook that could be distributed to each and every student in attendance. My offer was well received and I began writing the manuscript entitled "You Gotta Start Somewhere" and added this project to my journey. But it doesn't stop here either.

As I created the workbook and thought about the reason this campaign was so

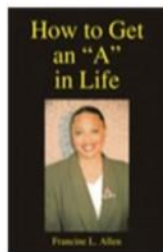
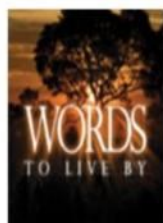
important, it came to me that I had another connection that was perfect for BYE. I immediately ask if there was any interest in collaborating with a nationally distributed Black newspaper. I am a National Editor of Self Development for The National Black Unity News (TNBUN), published out of Baltimore, Maryland and this paper is the perfect example of Black professionals, writers, businesses, of all varieties, collaborating and partnering to build capacity and show support and unity. It is Black people, working together to control our own narrative and share our stories from our perspective, without the negative shading of outside media distortion. Once again, my suggestion was well received and has grown into a mutual effort between TNBUN and BYE to market and promote BYE in TNBUN by dedicating a full page for the BYE Campaign and also printing articles written by the participating students of the BYE Campaign in the subsequent editions of

the paper. Look for the BYE Campaign page in coming issues to read the articles of the students and to see how this collaborative effort is growing and positively impacting current business owners and those of generations to come.

Thinking outside the box opened an entire universe of possibility. All I did was be obedient to what I was called to do. To serve. I believe that service is the cornerstone to success. I just saw a chance to be of service and acted on it. I am honored to work with the convening team of the BYE Campaign who created this life changing experience for the youth of Nigeria, today, tomorrow and beyond. The influence that will manifest by recognizing the talent, skill, intellect and ability of our young people is immeasurable. It is my purpose, privilege and pleasure to contribute and participate in this amazing effort.

Fran Allen, Change Agent

Fran Allen, author, motivational speaker and non-profit fundraiser.



YOU GOTTA START SOMEWHERE

Fran Allen is a very insightful, talented and sought after communicator. As the National Editor of Self Development her contributions to The National Black Unity News are top-notch and thought provoking. She is straight forward and authentic, sharing her life experiences creating a sense of trustworthiness and commonality. Fran is dynamic, high energy and has a great sense of humor.

David Murphy, Founder and Publisher, The National Black Unity News

Fran Allen uses the pages of her life to motivate, inspire and encourage audiences of all ages and economic backgrounds. She is a dynamic speaker who captivates a room and evokes energy from her listeners. Her engaging style gives people something to relate to and renders her unforgettable. Fran is a motivating force!

Dawn Fitzpatrick, Educator and Motivational Speaker

Fran Allen is an intuitive, thought provoking, humorous writer with a gift for story telling. She has a passion for being in service of others and shares her life stories to show people they are not alone in their struggles. She is real and honest and thoughtfully direct. Fran is a rising star in the motivational arena, and one to watch!

Jocelyn Whitfield, Author and Founder of The Center for Creative Life and Learning



Fran's summary bio
 Ms. Allen is an author, keynote and motivational speaker, change agent, seminar and workshop facilitator and motivational discussion group leader who delivers powerful and practical ideas to inspire others to take their thinking outside the box and keep it there.

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National Editor: Faith Based & Religion Rev. Theresa Mercer Founder of The Prayer Line Chapel

WHEN GOD MOVES!!!

"No man is an island. No man stands alone." Sometimes when we look at our circumstances we think that what has happened to us is all about us; but, when we look at someone else's situation, we sometimes can identify our blessings. Suppose we had an opportunity to talk with the people who were affected by the wild fires that took lives, homes and everything dear to them in Paradise, California about their experiences. I believe their stories would challenge us and no doubt, change our thinking.

The Red Cross and other like organizations recruited volunteers to go to Paradise to help alleviate the situation. Among these volunteers was a woman from Baltimore, Maryland, Charlene Harven, a Registered Nurse for 30 plus years. As a young nurse, Charlene gave her life to Christ and discovered her calling as that of an humanitarian.

When Charlene received the Paradise

call, she could only think of using her gift to help. She shared how just a week before she received her call that one of



her family members had been burnt out and how the Red Cross supported her family.

Charlene told me some of what was shared with her while in Paradise. Can you imagine as told to Charlene, "being awakened by smoke thick enough to choke you to death? Then you realize fire was right there, so close to you destroying everything in its path and you had to flee right then or never. You did not have time to gather your clothes, your medicines, bank card, family pictures, glasses, jewelry, or anything necessary or precious."

"There were people who got in their cars in an attempt to get away from the smoke and fire but couldn't because the heat from the fire was so hot it melted

the tires on their cars." Nevertheless, there were many more who were able to escape the devastating smoke and fire.

Many, many people ended up in shelters housed in schools and churches.

I find Charlene to be amazing. You see, Charlene herself, is under treatment for her third bout with cancer. In addition, this year (2018) Charlene has had constructive knee surgery on both knees, and a operation on her hand but she continues to serve. When the call came, Charlene "considered not her own body," she answered the call.

Charlene shared how the volunteers for Paradise were challenged not only by their stay in the shelters with those who were made homeless, but, by a virus that caused persons to be hospitalized and quarantined. Regardless of these experiences, Charlene knew that she was protected because of her faith in God. God brought her home with flying colors.

This amazing woman challenges me. How about you? We all have a part to play. God is leading each of us to do something that makes life better for us all. If you would like to become a volunteer like Charlene, why not contact The American Red Cross at www.redcross.org.

What do you do "When God Moves?"

Charlene responded with obedience. I know that God has moved and done something special in you and with your life. Won't you share with us so that someone else can be blessed.

Your Health, Your Business

Did you know that John Hopkins Hospital and Vanderbilt Hospitals are using the natural oils to support their patients? In our next edition we will share some very interesting information about the hospitals, in this column of, Your Health, Your Business. How did I get started in this business you ask? For those who know me know that I like to help people when I can. Here goes my story with doTERRA.

I happened to overhear two ladies, Detra and Noreen talking about Detra's mother who had been having trouble with constipation. Dee was thanking Noreen for suggesting a natural oil that she just rubbed on her mother and it worked. That oil came from doTERRA. Of course, I had to butt in.

I then asked about migraine headaches. The Noreen recommended oils, I purchased

them for a family member who is being blessed by using them. Since then, I attended a meeting where I heard a lot of seniors say they have been helped with the discomfort they suffered from in their knees and hands by using the doTERRA oils.

The following presentation, the Heather Wiemer story, fully persuaded me to become a representative for doTERRA. After reading Heather's story if you have any interest in the oils or in joining me as a representative, please call me at: 410-365-7101

The Heather Wiemer Story, Mother of ten children grandmother of 1 My journey to health began about 4 yrs ago. For over 40 years I struggled with respiratory issues as well as other chronic medical problems. I spent a lot of time in the hospital as a child and the ER visits con-

tinued into adulthood. I struggled each day to even meet the basic needs of my family and had really started to lose hope for the "normal" life I longed for.

In 2014 a friend introduced me to an oil blend called Breathe since it had helped her son. After two weeks of use, I realized I hadn't reached for my rescue meds. My life was transformed.

Not only has my life been changed, but I've changed the course of my family. I've empowered my children as well as many other families. We have been so blessed by the opportunity we have been given to share with others and change lives. We have partnered with doTERRA because of their commitment to quality and their commitment to change lives. They have formed partnerships with the growers and strive to break the poverty cycle by providing jobs, building schools and clinics. This allows us to impact people around the

world as we help those around us. For more information check out the Healing Hands Foundation and Co Impact sourcing on doTERRAs website.

Plant based remedies and essential oils have been used for thousands of years. Essential oils are extracted from the plants that God gave us. They help bring our bodies back into balance and provide a natural remedy for many health concerns. Take peppermint for instance...many use peppermint tea for digestive issues. Lavender is calming and great for sleep. There is so much more that can be said about the benefits of doTERRA.

Would you like to learn more about the natural oils by doTERRA? Would you like to earn money helping others improve the quality of their lives? Let us share with you, please call...410-365-7101 "Your Health, Your Business." We are waiting!!!

The Prayer Line Chapel advertisement featuring a young man in a 'JESUS DID NOT DIE SO YOU COULD LIVE!' t-shirt and contact info for Rev. Theresa Mercer.

doTERRA: Wellness through Essential Oils advertisement showing various essential oil bottles.

doTERRA Lavender essential oil advertisement with contact info: 443-365-7101 Mydoterra.com/theresamercer

Prayer Warriors Needed advertisement showing a person kneeling in prayer on a field with contact info: 410-365-7101



**National Editor:
Imam Bilal Omar
One Who Submits**

The Promise Human Destiny

We thank G—d, we praise him, we ask for his forgiveness, we testify that G—d is one and one only, and we believe in him. We believe in all of his Prophets. We believe all of his prophets are legitimate. What are the paths to our human destiny? One, "spirituality", the *exact science* of deductible reasoning. If your rational mind is not in touch with these paths you will never reach your destiny in that G—d wants for us. Destiny is in finding how to establish one's self-support. Spirituality is like an engine running constantly searching for a comfort zone near its destiny. "And what is the promised destiny, Allah says in the Qur'an in Arabic, wabtagi fee maa aataa kal laahud daaral aakhirata wa laa tansa nasibaka minad dunya."

means to work with the home in the future or the home at the end. But don't neglect your share in this world. "Akhira," literally means the end, the latter". If you are going in a direction the end is "Akhira." This end is what we call evolution when you reach the end you're supposed to have evolved to the next life or the next process. This destiny wants to complete its cycle, and in our Qur'an, G—d says, "surely that life that is promised in the end is better than this life in value and also in quantity; not just in value." G—d is the wisest of creators stage by stage he creates in our paths, creations that informs us and guides us to his destiny that he wants for all human being's. G—d says don't neglect your share in this world.

Seek with what G—d has given you as a To me, this means to find your balance

and be a well—balanced family. You see, some other institutions teach their people that some of the good things are forbidden and some of these institutions I believe go too far and forget the balance. Al—Tslam my religion stand's out for its strong appeal to the rational knowledge that came to Muhammad was through his rational mind. I don't learn this religion or you can't get. The first said to read in the name of your lord and cherisher, who created. [2] created man out of a leech-like clot. [3] proclaimed, and your lord is most bountiful; [4] he who taught the use of the pen. [5] taught man that which he knew not.

First of all, in Al—Tslam you have to become a witness. In a historical chronological perspective these five verses were the first and only for the next five years. They had to learn this religion. It is a prerequisite that any person male or female that wants to become a follower of this religion must take the Shahada-tain. The first followers of Muhammad took over five years before they came into our understanding. just because you heard an inspiring sermon that is not enough knowledge to make you understand. Have you had any rational connection with this religion; Al—T slam is the five principles of action, T slam is

the religion of work, not just talk, have you made any changes in your action as a human being to your family and community? After you have spent some valuable time evaluating T slam, reality and some concrete evidence in this religion. If you trust that it is truth there and then only you should take your Shahadain. It is a witness to and a testimony that you understand in your rational mind that G—d is one and one only. Show in your actions that you believe that their one G—d obey that G—d, don't put anything above your Obedience to that G—d.

What is the Our'an? Its guidance for the G—d fearing. Clear guidance or clarity to serve to make clear guidance. Its plain language, and metaphorical language, and it's clear simple language.

This is an explanation of our religion. Its guidance to those who fear G—d; who believe in the unseen, are steadfast in prayer and spend out of what we have provided for them, and who believe in the revelation sent to them, and sent before their time, and in their hearts have the assurance of the next life.

Al—Hajj ie, Tmam Bilal Omar

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National Editor:
Powerful Thoughts & Powerful Words
Achaniel F. Lucas, Sr.
Founder of: The Power Of Positive Words

**A STORY, A RESOLUTION,
 A NEW PLACE AND A NEW START**

A STORY: This story began many years ago. I was the 7th. child of 9, 6 boys and 3 girls. My parents were just like your parents, the best in the world. My brothers and sisters were just like yours, the best in the world. Now, there are 6 of us. God has called three of us back to Him. I had two daughters and one son. God called one of my daughters back to Him. All this happened within the last three years. Nevertheless, God is a good God and does not make mistakes. Why am I telling you all of this? I am telling you this because some of you have similar stories. We must not blame God! We must embrace Him and thank Him for the time we had together with our loved ones. With God's help, we must RESOLVE to get closer to Him in 2019.

A RESOLUTION: This is the time of year that we make "Resolutions". We must resolve to do better so that we can be better. There is no better time than NOW and no better place than....well, let me tell you about a place I know if you are looking for.....

A NEW PLACE: This place is where I have found a place of joy, peace and work for almost 20 years. If you choose to honor us with your presence at the EAST BALTIMORE CHURCH OF CHRIST, 9420 Belair Road, Baltimore, Md. 21236. We have three (3) worship services on Sunday: 8:00 a.m., 11:00 a.m. and 4:30 p.m.; We also have Bible School at 9:45 a.m. for all ages.

Most of us are somewhat nervous when

we visit new places. We wonder if we'll be singled out, embarrassed, or otherwise made to feel uncomfortable. We worry that perhaps we won't know what to do or when...that we'll be the "odd man out." Let us calm your fears by telling you exactly what to expect when you visit us, and we'd love for you to come.

A very simple, Bible-based service will take place. We take the Bible very seriously, and because of that we plan our services after the simple New Testament pattern. If you come for worship on Sunday, we'll sing several songs (acapella-Eph. 5:19; Col. 3:16). You can participate if you wish, or you can simply listen. Our men will lead several prayers to God through Christ, and our preacher will preach a simple lesson from the Bible. You are encouraged to bring your Bible and follow along - take notes if you wish. Every Sunday we observe the Lord's Supper as Christians did in New Testament times. (Acts 20:7). Our members will give as God has prospered them (I Cor. 16:1-2), but you will not be asked to give anything. Our service will close with a prayer.

We are normal, friendly people (like you). Our congregation is made up of "regular" people. Some from your own community - people of various ages, educational backgrounds, and occupations. We are religious, but not with a "holier than thou" attitude. We're forgiv-

en, but not perfect. We know what it's like to make mistakes, so we don't "look down our noses" at anyone. We also know what it's like to visit NEW PLACES, so we'll do all we can to make your visit meaningful and pleasant. We will make you feel VERY WELCOME! Before you leave, we will shake your hand and/or hug you; We will also give you a free copy (CD) of the message you just heard. If there is anything you hear and don't understand, ask us after worship or call us later. We will NOT be offended, but proud that you cared enough to ask and to honor us with your presence. TO GOD BE THE GLORY!

A NEW START: We hope this message takes some of the anxiety out of your first visit with us, because we want you so much to come. If you have any questions about us, or about BEGINNING YOUR NEW START IN 2019, please call us! Our sincere goal is to please God and go to heaven...and we'd love for you to go with us. This is the end of your search for a Friendly Church...for "WE ARE THE CHURCH WITH A HEART-WITH THE PEOPLE AT HEART-AIMING FOR THE HEART-WITH THE GOSPEL"

"LET LOVE BE SEEN IN 2019"
 ACHANIEL F. LUCAS, SR.
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EVANGELISM WILL BE SEEN IN 2019

EVANGELISM WILL BE SEEN IN 2019
 IT WILL FILL YOUR HEART WITH GLEE
 EVANGELISM WILL BE SEEN IN 2019
 BUT, IT WILL BE UP TO YOU AND ME

EVANGELISM WILL BE SEEN IN 2019
 EVANGELISM WILL BE SEEN, OH! YES IT WILL
 EVANGELISM WILL BE SEEN IN 2019
 BUT, WE ALL MUST ACQUIRE DISCIPLESHIP SKILLS

APOSTASY CAN BE KILLED WITH DISCIPLESHIP SKILLS
 WHEN WE EVANGELIZE THE WHOLE WIDE WORLD
 EVANGELISM WILL BE SEEN IN 2019
 WHEN WE DILIGENTLY STUDY GOD'S WORD

EVANGELISM WILL BE SEEN IN 2019
 WHEN WE GRASP EACH OTHERS HAND
 EVANGELISM WILL BE SEEN IN 2019
 WHEN WE HAVE FAITH IN GOD, BELIEVING HE CAN

EVANGELISM WILL BE SEEN IN 2019
 WHEN WE BOW DOWN IN FERVENT PRAYER
 AS WE THANK AND PRAISE GOD, FOR ALL THAT HE'S DONE
 YES, HIS GRACE AND MERCY, WILL MEET US THERE

ACHANIEL F. LUCAS, SR.
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POWERFUL WORDS TO LIVE BY

REMEMBER THEM WELL

HOW FAR YOU GO IN LIFE DEPENDS ON THE FOLLOWING

BEING TENDER WITH THE YOUNG
 SYMPATHETIC WITH THE STRIVING
 TOLERANT OF THOSE WHO ARE WEAKER THAN YOU
 COMPASSIONATE WITH AND RESPECTFUL TO THE AGED

KNOWING

SOMEDAY, YOU WILL BE ALL OF THESE!

+LET THESE WORDS BURN IN YOUR SOUL+

WHEN YOU GO TO BED AT NIGHT
 AND CANNOT SLEEP
 DO NOT COUNT SHEEP

TALK TO THE SHEPHERD!

DEAR LORD:

PLEASE! GIVE ME THE PATIENCE TO LISTEN!
 THE COURAGE TO SPEAK!
 THE HONOR TO FOLLOW!

THE WISDOM TO LEAD!

KNOWING THAT.....IN 2019

I CAN DO ALL THINGS THROUGH CHRIST
 WHICH STRENGTHENETH ME - PHIL. 4:13

GOD BLESS YOU ALL!

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Stephanie Poplar, your Life Business Resource Consultant and motivational speaker has well over 20 years of experience helping individuals and businesses achieve their personal and business goals through strategies, seminars, business consulting, and business development.

Ms. Poplar, a walking resource too many people take pride in serving and sharing resources. Ms. Stephanie Poplar has a Master of Art in Legal, Ethical & Historical Studies from University of Baltimore, Bachelor of Art in Public Policy from University of Baltimore, and Associate of Art from Stevenson University. Truly, Stephanie has the education and the wits to help people from all walks of life.

Stephanie has assisted well 1500 people in forming their for-profit and nonprofit organization. In fact, Stephanie Poplar is recognized as an expert in forming 501 C3 organizations, nonprofits. Stephanie does all steps needed in the formation for the state and IRS. She too can assist with finding grants and other resources to fund your charitable programs. She has established well over 1000 non-profit for various groups, churches, schools, assisted living, day-care, housing programs, training centers you name it. In addition, Stephanie Poplar uses both license, real estate and life & health insurance to help her clients with their financial goals. Those two licenses are key to some of the creative ways Stephanie helps her customers.

It is through several life's disappointments, such as death of a grandmother and sister on the same day, divorce, loss of child, and other extenuating circumstances that Stephanie Poplar has

learned to empower herself and other. Lastly, Stephanie has created several training programs to help novice and experienced real estate investors with establishing housing programs and other charitable programs. Stephanie Poplar is also a published author who has written a few inspirational books and resource guides to help individuals achieve their goals. Stephanie Poplar can be heard on WPOP Radio, www.wpopradio.com and Radio One broadcast, www.wolbbaltimore.com. Times vary. Book Stephanie Poplar for your next event and or to help you jumpstart your business or obtain your MBE. "Minority Business Enterprise" certification.

Stephanie will be launching a women's mentoring program called, "It's time to fly: Brilliant women with beauty, brains, and balance in the spring of 2019.

Here are few tips from Ms. Poplar.

Assess your strengths and skill-sets before you create your business entity. Identify who you know and who you need to help create a winning business and or business plan.

Think about what your life's purpose is and how you can use it to contribute to the world.

Think about how you are going to fund the business. Determine how much you will need by doing research.

Take advantage of free opportunities to network with other business professionals.

Call Stephanie Poplar at (443) 857-1549 or email at stephaniepoplar@gmail.com

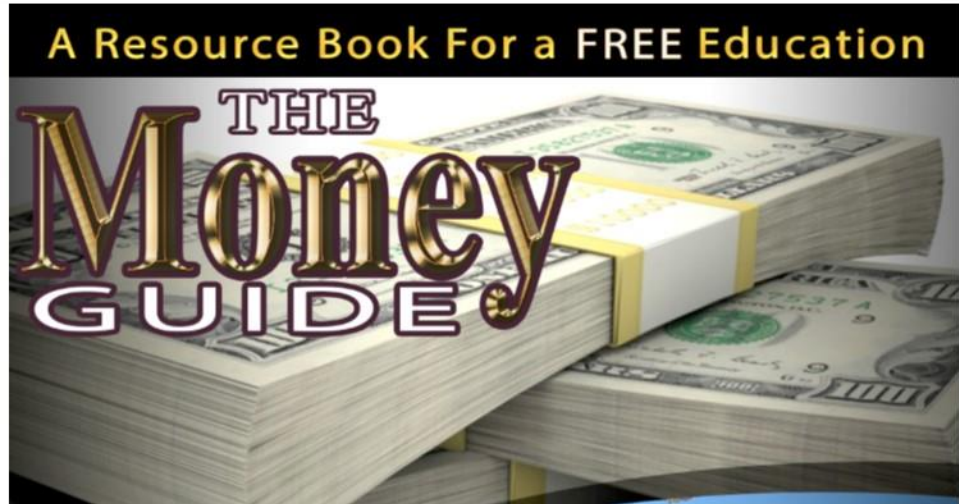
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Stephanie C. Poplar, M.A., B.A., A.A.

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**National Editors:
Travel Services
Sitawi & Cynthia Jahi**
Founders: Movements Unlimited
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With much of the world accessible by cruise ship, it is hard to decide exactly which destination is right for your vacation. Luckily, we have sailed around the globe investigating the best cruise destinations for you. Take a look at our top picks.

The Caribbean

The Caribbean is our pick for the best cruise destination for beach-lovers. It is here that you will find turquoise-blue water adjacent to white-sand beaches. The Caribbean offers a host of activities, from horseback riding on the beach to swimming with dolphins.

Alaska

Alaska is our pick for a cruise destination with the best scenery. With its mountains and glaciers, eagles flying above and whales surfacing from below,

Alaska is a place of beauty. Alaskan Cruises cover some spectacular fjords, glaciers, and mountains as well as many islands, bays, and inlets.

South Pacific

The South Pacific is our pick for the best cruise destination for romance. The sky-blue waters, green mountain peaks, and impeccable beaches that remain untouched is the reason the South Pacific embodies romance.

Mediterranean

The Mediterranean is our pick for the best cruise destination for history. It is easy to embrace the history in this part of the world, where ancient European artifacts are all around. Mediterranean cruises generally include Mykonos, Crete, Italy, Monte Carlo, Barcelona,

Morocco, and Egypt.

Bahamas

The Bahamas is our pick for the best cruise destination for families. For sheer ease, it is hard to beat the Bahamas. There is a range of activities, from seeking adventure on a Nassau pirate tour to the all-inclusive water park at Atlantis resort.

Smartphone Apps for Travelers!

Smartphone and Tablet Apps can be useful before and while traveling. You can greatly extend your device's usefulness by downloading additional tools, such as restaurant reviews, translators, and transportation apps. These apps are available on most Apple, Android, Windows Phone, and BlackBerry platforms.

Preparation

These apps will help you prepare for your trip before heading out. Packpoint is an app that automatically generates a checklist for you around weather forecasts, particular activities, and general necessities to help you pack. XE Currency is one of the most robust currency converter apps available. It is constantly updated to offer live exchange rates for "every world currency and precious metals".

Getting Around

You've arrived at your destination, but how do you get around? The following apps will help. Uber is the global leader of ride-sharing apps that allows you to request a car directly after choosing from

an assortment of differing vehicle rates and fare quotes. Google Maps is one of the best navigation apps around. Citymapper is one of the best tools to find and utilize public transportation.

Local Knowledge

These apps suggest the best-rated places to eat or visit. TripAdvisor allows you to quickly find millions of reviews, opinions, videos, and photos pertaining to just about anything related to your trip. Yelp has become the official Yellow Pages of restaurants and bars. It's an excellent resource for when you're looking to hit some of the best spots in the country you're visiting.

Translation

These apps help you to translate on the go or brush up on your language skills. Google Translate provides translations for more than 103 different languages. Either type something in a foreign language, or have someone speak clearly into your microphone for an immediate translation. Duolingo is a well-designed language learning app. Just like a computer game, the app guides you through levels that help you learn the basics, or keep yourself fresh on the grammar and vocabulary of a foreign language.

By using these tips as a guideline, you can better organize and prepare for your trip. Stay tuned to Travel Tips From Movements Unlimited Travel Group for more in-depth information about the best way to travel.

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**Business Consultant
Angela Scruggs
Mary Kay Consultant**

I Got My Divorce in 2018: Accepted My Freedom & Favor in 2019

When one hears the term divorce, we often think of the ending of a marriage between two persons. The term "divorce" brings about a myriad of feeling ranging from happiness, guilt, relief, extreme stress, anger, and even as extreme as suicide or death. Well, it is from this perspective that I wish to say that my "divorce" possesses all of the previously named feelings even unto a certain type of "death." We do not have to call a psychiatrist, or therapist in this particular instance, just follow me on this pathway and somewhere down the path, you may venture to join me. I also know that the vernacular that I used with the title is not grammatically correct; however, it clearly expresses the depths of my inner being.

It is the closing hours of December 28, 2018, and for once, I did not want to make any New Year's Resolutions. Statistically speaking most people have either failed miserably, forgotten the resolution, or have embraced shame for not

following through with the promise that they have made to themselves or others. This is not my case, nor should it be yours. Take it easy on yourself and ask God to "change you" and to surround you with the wherewithal to stand flat-footed in the face of any circumstance. As a society, we have become so hard down on ourselves on that quest to be perfect rather than the one that is perfect. Since having this "awakening" to the awful facts that I have been holding on to many negative and detrimental behaviors. What is even worse than that I have held them as close to heart as a marriage, I then realized that I wanted a divorce from everything and everyone that desires my demise and not my betterment.

I have Gotten My Divorce From:

I realized that many of the behaviors from my past from using drugs or "dope fiend behaviors" were still hanging on for dear life. It has been called escapism, or for me "binge watching" some-

thing just to refrain from troubling the waters in my home various circumstances of everyday life. Well sometimes, we have to trouble the waters in order to wash away the trash that is holding us back from reaching our destiny.

Well dear reader, "I just got my divorce" from remaining silent when others are hurting me spiritually and emotionally. I have officially divorced responding to these questions, "Why do you take so many different classes?" "What can you do with that?" "How much money can that make you?" "Why are you wasting your gifts and talents on that?" "What do these classes have to do with your God or your ministry?" Well, for the last time, "If God gave me the gifts and talents acquire new skills, build new businesses, or evolve into a better person, then it's because God has a need for all of me and not just some of antiquated madness that operated both my spiritual and physical youth."

I have also divorced accepting "less-than-the best mentality" or "I'll make the best of it" mindset when it is time to toss both of them into the trashcan of our memories. How about, "If we serve a God that knows the best for us, then why do we have to "settle" with anything? Success may appear instantaneously for some, but for others it is by the sweat of our brow. Either way, when we must expect more from ourselves by asking God for His guidance and not settling for anything less, the expect it to come forth and into fruition.

I have divorced living as if I am less than the queen that I am when the surroundings are not fit for human residence. We are fearfully and wonderfully made according to the scriptures, and not to "settle" for less than God's best for our lives. I am the head and not the tail, the lender and not the borrower. In that, if a cattle on a thousand hills belong to God, then why not me. I cannot speak life into "dead thinking," "stinking thinking" or "walking with turkeys," "fight with the crows", when God created me to "fly" with the eagles. Now! I am so gladdddd today that I got my divorce from mediocrity, lack, and not enough! Remember right now dear reader, "We serve a God that is 'more than enough' and will provide all of our needs according to His riches in glory."

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&

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Angela Scruggs
410-274-2797
warrenjones1932@gmail.com



National Editor
Afunemuda Manifest
Faouly A. Umoja
Publisher Afunemuda Manifest
Manifesto A People Born Into
Themselves As African Americans

THE FUTURE CHILD, A MUTATION

The women, the girl children, the female maintainers in their genderistal existence, coupled with a reciprocal participant ability to reproduce themselves and the males of our species to perpetuate the future of the world, if there is to be a world, must be listened too. The man in mankind has had his chance and with it he has desecrated his existence and the true spirit of God. Therefore, a

stand must be made here and now because the children need tomorrow for it will be their future and the only time they have to live. The future is a special time set aside for them by the Almighty God. That time is suppose to be their time to grow up in, but there may be a problem in their tomorrow and this problem is painfully called us, or the now generation. Right now, in this country

and in every country around the world, it's happening. People are fighting wars and are dying every day for no logical and/or intelligent reason. Economical structures are crumbling, governments are spreading false propaganda, the air we breathe is full of toxic waste, and the food is becoming totally imitational and inorganic. The water we drink, if not bought in chemically treated bottles, is more polluted than pure. The materials used to build the homes we live in and the buildings we work in or visit are prefabricated and structurally inadequate compared to buildings built 500 years ago. And due to the way, we are directly and indirectly destroying the atmosphere, the winters are too cold, and the summers are too hot, causing the children to go through a psychosomatic form of evolutionary irritative metamorphosis. Dear God! The future child will be a mutation. Considering the unabbreviated holocaustic, and hedonistic lifestyle the now generation is living, nothing

good or meaningful can come from it. As it stands, the now generation's actions will turn tomorrow into a physical nightmare devoid of spiritual aspirations. They of the now generation is manifesting a psychological catastrophe that will turn or cause humanity to be an uncognizable metamorphic reality. Man is God's creation and God created man to be something good, but somewhere down the line, something went wrong. Something seemingly happened to the mind of man during his spiritual and evolutionary journey and whatever that something is, it is causing the here and now. The future child because of the actions and attitudes of this generation will be turned into an undesired permutation. They will evolve into something totally different from those of us living today and those who unintelligently taught us to be ourselves. Today we are living in a world of confusion, where everyone *Continued On Page 31*

WE SEEK CONSCIOUS WOMEN WITH A DESIRE TO HELP SAVE THE FUTURE

Today, in these words, I will have a face-to-face, with a one-on-one group of one, that is you as the individual you are and the individual you will become after hearing what I have to say. The words you will hear could and should inspire you to embrace hope for yourself, your gender, your family, friends, and everyone else in the world because we are all in this together. You as an individual could help others to get what they need to cause their lives to be better. As a Deliverer, you, like all females possess a power. Collectively with this power, we could figure out what causes people to fight for a cause that will not help them as an individual and at the same time, destroy the lives of other individuals because someone else said this is the thing to do. As a member of the female gender, you must understand the power of coming together as a single moving force and move that force together with a purpose. You must feel the feelings of another, as they live the life they are forced to live because of the color of

their skin or the gender they just happen to be. You must be re-educated, so you can understand the power of an education acquired by nature and the natural order is greater than any formal education manifested and taught by the blind accepted intellectual-ignorance of humanity. As a deliverer, you must open your eyes as you look and see and understand, what you have been taught have gotten you exactly where you are and where you are is not necessarily where you want to be. You as a member of the feminine gender are the backbone of everything human and possess a special power that is attached to every word you speak. You are a prize that cannot be won or physically possessed. So, you must project the primitive endowment of your existence, that is as it is, and has caused humanity to live and breathe life into an uncertain future. You must open your holistic-self to the totality of life and learn to listen to the truth in the meanings of the thoughts you think you are

thinking, beyond the meanings someone else want you to think. You must realize the thoughts they have thought for you to think are purposefully misleading. As a Deliverer, my words are not meant to lead you anywhere. They are words of inspiration to cause you to embrace who and what you are and live the life you have to it fullest, beyond the falsehoods of they who desire to control you. You must realize you were the past and you are the present and only because of you there will be a future. The female gender must realize a change has got to come and then realize, they are the change that is needed. It must be taught, the only truth that exist in humanity, taciturnly says, the fact of femininity is the future we must accept to cause the perpetuity of the clouded speciation we blindly accept as our way of life and living. The female gender must make an emotional decision to open their eyes and speak authoritatively as she listens to what she sees. The females in this world

must speak the words "Only We" and understand exactly what those words mean. The existence of the female gender must be spelled out in her row as a woman, a mother, a lover, a companion, and a friend. She must allow the world to know she is a total passionate person, a woman supreme with a need to be fulfilled sensuously. She must also inform the man in humankind, her sensitive need is not a weakness because she, in the personage of herself and all female are Atlasia. She, with every fiber of her being, quietly carries the world on her feministical shoulders. And as the woman she is, she must allow the man in mankind to know, she is also Herculesia and Hercules was not her brother, he was her offspring. So, the world must hear me and you coming. They must hear our footsteps coming, tapping out the sound of the change that must come. For the good and perpetuity of the world as it pertains to humanity, the soul of the female gender must be embraced. Only then, can the future we all look forward to being, be earned.

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A People Born into Themselves
As African-Americans

Learn who and what you truly are...
 Learn to open your eyes so you can look and see...
 As your ears hear the truth of everything around you...
 While understanding the power of the position you hold.
 Allow these words to become a part of you and your thoughts...
 As you look and see and hear the future of our children coming.
 Read these words and nourish the spirit and courage and hope we possess as a people.
 Now absorb these words and become who and what you are as a part of the people we are.

I AM A PRIZE

One day I closed my eyes
 And I looked deep into my existence
 Where I saw myself as myself
 And I realized I am a prize.

I realized I am worth having.
 I am the essence of feminine passion.
 I am a sensual extravaganza.
 I am an extraordinary affectionate reality.
 I am a humonistic trophy elite.

No treasure on this earth
 Is equal to the pleasure that comes from me
 Being a part of your life
 In a way that only a gift from a high
 Can be presented in a splendor
 That is only felt by a few
 But sought by all and all and all.

One day I closed my eyes
 And I met myself for the first time.
 I realized I was someone very special.
 I realized what I represent is very special.
 I realized what I can do as an individual is very special.
 I truly realized I am a prize as are all of my sisters.

ALICE W. WILLIAMS

Umojakhwest 443-994-5609
faouly@umojakhwest.com



Black Men Unifying Black Men

Us Helping Us = Unity

If Not Us, Then Who? If Not Now Then When?

Another Year Black Men!

Thank "THE MOST HIGH" for allowing us to see another year. Another year to reflect on the past year and to make promises for the New Year. As Black Men, each of us has the power to determine much. We have the power to make proper choices those same proper choices which impact our entire community.

All of us who have lived for any amount of time have made bad choices and bad decisions. The thing about a new start is that, despite what has happened, it is in the past and your choices of the past do not have to be the choices of the present nor the future.

As Black Men, we are the chosen leaders of our race and not because of what I am saying but according to the scriptures, we are created first and from us came women, who we are supposed to protect and provide for.

Our children are the fruit of what we have produced, the recipe of a man and a woman has giving birth to children. We are the example that they will see before they witness any other examples. We must show them the path to what is right

and steer them from what is wrong.

Of course, there is no specific recipe nor instructions that will ensure that our children will follow all that we impart into them. Yet, it is important that as Black Men our children see us working on a job or either they see us creating jobs and hiring others to work.

I am not talking about jobs that put our lives at risk such as doing things that are wrong according to the laws we live under. Our children must see us as honorable and they must see the respect that we give to their mother and mothers respectively.

"GOD" has ordained us as leaders and rulers and the ruins of the world is because of what we are not doing. It is a matter of time and if we as Black Men do not do what we are ordained to do, the sword of thunder will fall upon us.

Our streets are filled with wickedness and corruption from many levels and to not lay blame on men who have and who are in leadership positions would be wrong. Yet, if those of us who are seek-

ing what is right, do not challenge those who are wrong, injustice will win.

Black Men we have to come to the reality that we could work together for the benefit of the race despite our personal issues that we may have with one another. We should never become too big to offer an apology nor should we be too small to not see when we are wrong.

Moving forward and going down the path that we are currently on will be devastating and yet, if we recollect ourselves and make a promise to not just one another but make a promise to the "MOST HIGH" we will have what we need to turn our nightmare around.

Why is it so difficult it seems for us as Black Men to unify? It is difficult because of several reasons. The first reason and the main reason is that there are a lot of hidden plots to make sure that we do not unify.

Do we think that the drug infestation that is within our communities and the weapons are by accident? Of course not, this is some of the plot and plots that those who have real power is using to assure that we will not unify.

Slavery was also a plot and a tool and

because it could not continue to work forever in the same manner, it had long-term effects, that would have us mentally damaged and hating one another for years.

Black Men this is the year that we have to not just wake up, but we have to get up and stand up. Our actions and our choices must become the bearer of our standards.

If we do nothing but treat one another with respect and if we show respect to our women and show our children that we are working to provide the basic comfort to life for them, it will be a turning point.

See, trying to see how many items we could have and how much money we could have is meaningless because if we can not save those who are destroying us, just trying to save your own will still meet failure.

Yes, Black Men this is our time, this is the year that we will have to point the finger at ourselves as we make the climb to greatness. After all, we are great because the "MOST HIGH" created us to be great.

Bill Goodin



Black Men Unifying Black Men

Us Helping Us = Unity

If Not Us, Then Who? If Not Now Then When?

"AN ARMY OF SHEEP LED BY A LION CAN DEFEAT AN ARMY OF LIONS LED BY A SHEEP"
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**National Youth Editor
Kathleen Murphy**

A member of various local, national & international organizations

A College Education-Why and How

Though I usually speak to students around the nation, today, I am also speaking to the parents/guardians of our children. No new news, an education changes your life, the commas in your bank account and your options. There is a road to the college entrance process and of course, the means to pay for your college education. **Why an institution of higher learning?** A vast majority of students in the United States are on an educational downward spiral. The National Dropout Prevention Center's purpose is to increase the graduation rate through research and evidence-based solutions by improving schools, monitoring school violence, truancy, low grades and dropout prevention. Collaboration is made with local, state and national agencies, organizations and partners who support research and information addressing the dropout crisis.

According to the National Center for Education Statistics (NCES), high school status completion rates increased from 83.7% in 1973 to 92.0% in 2013 for 18 to 24-year old. However, the gap in the completion rate between white youth and Black and Hispanic youth narrowed. The impact on our economy is massive. Revenue loss estimates from every male between 25-34 years old who did not complete high school would be approximately \$944 billion, with cost increases to public welfare and crime at \$24 billion. According to the NCES, students from low-income families have a drop-out rate of 10%; middle income families at 5.2% and 1.6% from high-income families. The National Center

for Education Statistics states that the dropout rate decreased from 10.9% in 2000 to 6.1 % in 2016. The Hispanic status dropout rate decreased by 19.2%, while Blacks and White status dropout rates decreased by 6.9% and 1.7% respectively. The Digest of Education Statistics 2017 stated that the high school graduation rate for American Indian/Alaska Native is 72%; for Blacks it is 76% and for Hispanic it is 79%. The national average is 84%. Increasing minority student participation in college to the same percentage as that of white students would create an additional \$231 billion in Gross Domestic Product (GDP) and at least \$80 billion in new tax revenues according to the Alliance for Excellent Education (AFEE).

High School students earn \$9,245.00 more per year than high school dropouts according to the Employment Policy Foundation. The unemployment rate of blacks ages 20-24 with no high school diploma was 32% compared to 6% for those with a bachelor's degree or higher education (AFEE). 75% of America's state prison inmates are high school dropouts and 59% of American's Federal prison inmates are high school dropouts. High School dropouts are 3-5 times more likely than high school graduates to be arrested in their lifetime. A one-year increase in average education levels would reduce arrest rates by 11%. Now, we begin to see the importance of a higher education. According to the Bureau of Labor Statistics, the average salary weekly earnings for those with less than a high school degree are

\$493.00 or \$25,636 per year. With a high school diploma, the weekly earnings are \$678.00 or \$35,256 a year. With some college credits the earnings are \$738.00 per week and \$38,376 per year. An associate degree is \$798.00 or \$41,496.00 a year. With a degree, weekly earnings are \$1,137.00 and \$59,124 per year and a master's degree weekly earnings are \$1,241.00 or 69,732 per year.

How to get into college. First, take core courses and maintain good grades. A perspective college student must take entrance exams or standardized tests such as the Scholastic Assessment Test (SAT) or the American College Test (ACT). Meet with guidance counselors and teachers starting with the ninth grade. Colleges require an application process. Your plan for college should include the following decisions. Will I attend college in state or out of state? There is an additional cost to attend college out of your state. Will you live on campus or off campus? Will I go as a part time student or full-time student?

How do I plan to pay for college? What are the costs? What are you paying for? The financial cost breakdown includes tuition, room, board, fees and books and supplies. Tuition is a sum of money charged for teaching or instruction by a school, college or university. Room and board are your lodging and food costs. Fees include orientation fees, athletic fees, activity fees and parking fees, etc. There are three types of federal student aid which includes grants, work study and loans. Grants and Scholarships are called "gift aid" because they are free money and do not have to be repaid. Grants are often need-based while scholarships are usually merit-based. Financial Aid Programs include the Federal Pell Grant which does not have to be repaid and the Federal Supplemental Educational Opportunity Grant. Federal loans include the Federal Perkins Loan which is a student loan offered by the U.S. Department of Education to assist American college students in funding their post-secondary

education. The program is named after Carl D. Perkins, a former member of the U.S. House of Representatives from Kentucky. Other loans are the Federal Direct Subsidized Loan and the Federal Direct Unsubsidized Loan. Sallie Mae offers loans to students and parents. College Work Study programs offer students an opportunity to work at the college and take courses. If you decide to finance your education with financial aid, you should complete a Free Application For Federal Student Aid (FAFSA). This is a free online application for financial aid eligibility for college. It is used by schools to put together your federal student aid package. This includes grants, work study, federal student loans and state and school financial aid. For 2019-2020 school year, the start date was October 1, 2018. The deadline is June 30, 2019. Information on Parent Plus Loans can be found at www.ecmc.org.

This is a very short list of scholarships. **The United Negro College Fund** is an American philanthropic organization that funds scholarships for Black students and thirty-seven (37) private historically black colleges and universities. **Scholarships for Volunteering and Community Service-** Bonner Scholars Program; Target All-Around Scholarships; National Caring Award and Tylenol Scholarships are just a few. **NICHE Scholarships-** Walmart Dependent Scholarships; Army ROTC Scholarships, Coca-Cola Scholarships; DECA Scholarships and Dr. Pepper Tuition Giveaway. **Minnie Stevens Piper Compendium (alphabetical index to scholarships and other financial aid).** Alexander Graham Bell Association for the Deaf; Allied Van Lines Scholarship; Music for the Blind; Print and Graphics Scholarship Foundation and 4-H Opportunity Scholarships. **Foot Locker Foundation and Burger King Scholar's Program** are also offered to name a few. A more complete list of available scholarships can be located at college scholarships.org (2019 edition) and under List of Scholarships. More detailed information can be found at Federal Student Aid and at the U.S. Department of Education at www.usa.gov.

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**National Editor
Mélaughn Butler**
The Association of College Pro-Activists

Featured Story: The statement goes that “It is easier to build strong children than repair broken men,” but the ACP LLC holds its mentors to a higher standard of setting a good example. Our values state that “Attitude Reflects Leadership,” and this fall season our leadership was able to witness a culture of growth, accountability, and confidence reach some youth in Baltimore city! Within a span of months ACP’s Different Kinda Smart Mentoring Program, was asked to coach a soccer team in the youth league of Banner Neighborhoods. The season started with student-athletes who were somewhat unsure about their abilities in the sport and ended with players learning valuable lessons about overcoming fear. There were practices that ended early due to behavior and focus challenges, but then conflict resolution skills & techniques were taught to youth who learned creative ways to express & resolve frustrations with one another. By the end of the season, the same soccer team that had been apprehensive before, defeated a previously undefeated team, and went on to win their first soccer championship together! “The ability to

witness our youth convince themselves that they could succeed was a humbling experience I wouldn’t replace!” – ACP Leadership.

Since our introduction of this mentorship program, in the October (2018) article, the enrichment component of Different Kinda Smart has been recognized as the main ingredient to the youth success; its curriculum will now be implemented in several more athletic programs. The program now seeks contracts with interested schools, who are looking to partner with more after-school programs. We ask for committed assistance from those who have experience in the education system!

Upcoming Project(s):

One of the goals of Banner Neighborhoods is to maintain a long-term connection with the youth, through a continuous offer of culturally enriching sports. After the unpredicted successes of this soccer season, the ACPLLC approaches its much anticipated Basketball Season. The partnership with Simon Says Shoot Hoops Not Guns program is going to launch in Banner Basketball 2019 with a competitive showcase, opening a basket-

ball skills challenge through junior NBA approved training. This will be the first launch in East Baltimore, and may begin many new, positive connections engaging both sides of this same city! This 2019 winter season, the youth will begin an offline Youth Media Communications program, where they learn valuable trades such as publishing skills from elite mentorship, Bro. David Murphy. Learn more about how our programs house committed partners like this, who keep our program fresh & effective, below in Active Partners!

Active Partners: In the October (2018) article, the ACP LLC reached out to ask all viewers and potential business partners to join us at the Arch Social for our Leadership Dinner, October 19th. We would like to thank all of you who attended, sent representation, offered a contribution, or even shared a kind word about us! We feel that when the community moves as a collective, we progress towards a greater success. The Dinner was able to involve ACP and the Indigenous Business Association in some current, positive history-witnessing the Arch Social Club win its grant and become recognized as an historic site. Those of you who helped us to place votes, we do appreciate your support and advocate that the local vote does help! The Leadership Dinner was able to solidify some key partners who were just as passionate about the needs of our youth, as our leadership has been. We welcome the following partners:

- Tight Knit Radio: Will actively work

in the Youth Media Communications Program, to educate youth on podcast & radio, research, & public speaking.

- Dale Talley Foundations: Will offer Basketball Tournament coordination and advanced scouting opportunities within the Basketball league.
- Bring Back Hip-Hop: Represents an upcoming ACP LLC program, which aims to reach middle school students musically, as well as its volunteer adults.

Get Involved:

Whether you represent a non-profit, retail space, small or large business, or even a contractor looking to get involved, we encourage you to join into membership with the Indigenous Business Association (IBA). This initiative draws attention to a supporting bill of the United Nations and aims to use registration to improve all local Indigenous Businesses. Here, our company would like to mention that every participating business will be supporting some of the campaigns the Association of Collegiate Pro-Activists (ACP) actively uses to feed its youth; in registration with IBA now, one’s involvement can help feed a mouth through the Project Feeding Kids campaign. We ask that interested members contact us soon because our leadership will be coordinating a “Shop from us” campaign in February. The goal is to involve college-aged interns to help us to recruit, alongside our partner Fouley Umoja. (Page 16) We hope to hear from you soon!

Contact: Mbutler.acp@gmail.com



The Indigenous Business Association
Exist as a direct response to the economic plights of the indigenous person. Our goal is to revamp the commerce experience of the lowest socioeconomic class, as we steadily converge from a state of consumerism to commercialism.

The Association of College Pro-Activists
Mélaughn Butler
Mbutler.acp@gmail.com
410-446-9083



**National Editor
Fitness/Nutrition
Catherine Brown
F.I.T Nutrition**

Don't Be Stuck In to the Challenges!

Dare to Be Better! Traditionally we make New Year's Resolution! Not to say the least how long will you be committed? Weight Loss, beginning an exercise regiment, conforming to new dietary habits are the top five on the list. I have seen and heard my share of fitness and diet challenges. There's no shortage

of 30 or 60 day challenges. Some type of daily workout, a cleanse, a detox, or any combination thereof. Most challenges are so strict, rigid, and impractical, you can't stick with it long-term, many people don't even complete the entire 30 days. Many of the challenges are meant to be followed for 30 days, and then that's it. You're done. What happens after the challenge? You go back to your normal habits. Any weight you lost will come right back, and slowly you began to indulge back to old eating habits. My Recipe: 30 Days Get Started with a exercise regiment that meets your needs and physical capabilities. Commit to a nutrition plan that you can maintain, eat a balance and nutrient dense meals. 60

Days Maintain- Go Forth and Be Awesome! Feel healthier, see results, and consistently make changes in your exercise routine. Don't be stuck on a bland nutrition plan. 90 Days Sustain- Changes have occurred. More energized, motivated, a healthier you, improved physique, and new lifestyle It takes three months to adapt and see results, Six months to truly see the better performance and Ultimate Changes! Ask me how I can assist you on an effective exercise regiment, what type of fitness group to participate in, and a nutrition plan that will be beneficial for your schedule, body type and health. 2019 is the year for Healthier and Improve Physique!

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**Happiness and a Meaningful Life
A healthy body and a state of well-being is created with a meaningful life."**

A fulfilled life is pertinent in having a healthy relationship with yourself and your circle of life. A complete circle of life constitute career, finances, family, friends, exercise, nutrition, and self esteem. For one to live a meaningful life you must be in a positive emotional state within yourself mentally, physically, and spiritually.

An exhausted environment limits our life expectancy, stress and negativity breaks the body down and produces an unhealthy body filled with toxins, mental distress, and unhappiness.

a meaningful state of being. Moving toward a new direction may be intimidating, expect to encounter some discomfort, sadness, or stress in letting go of what no longer has a place in your life.

However, you are taking the next step to bringing yourself fulfillment that will complete your mental, emotional, spiritual, and physical satisfaction. Paint Your Life with Meaning!

"Our fears differ – the only constant is that we must face them in order to evolve."

**Catherine Brown
Certified Health and
Wellness Strategist**

Learn to let go of fear, infuse joy, and happiness into your life. Balance your time with energy and positive surroundings while moving into

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enhancing your dishes with unique flavors of natural exotic herbs, seasoning, spices, and preservative free. Our spices can be used in sauces, dressing, soups, and stews as a flavor enhancer.

<p>Turmeric Usage: Lorem ipsum dolor sit amet, consectetur adipiscing elit. Health Benefits: One of the most impressive free radical scavengers, it also supports brain health, protects cell integrity, & aids in mood balance.</p>	<p>Himalayan Salt Usage: Lorem ipsum dolor sit amet, consectetur adipiscing elit. Health Benefits: Properties aid in sinus relief, the ability to increase the body's natural ability to breathe deeply & breathe better at night. It may also reduce or eliminate night coughs, snoring, & breath-related sleeping conditions.</p>	<p>Cilantro Usage: Great for soups, salsa, & guacamole. Health Benefits: Considered a superfood with an incredible source of antioxidants, it is a powerful cleansing agent for removing toxic from the body. It is loaded with vitamins & minerals, & it has a long history therapeutic use.</p>	<p>Lemongrass Usage: Works well in sweet and savory dishes & drinks. Health Benefits: A source of beneficial phytochemicals that support the body's response to harmful organisms, boost the immune system, & promote overall wellness.</p>
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**Bon Appetit!
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National Editor: Sleep Hygiene
Donata D. Mooring
Certified Sleep Science Coach
 “How sleep affects many areas of our daily lives and the solutions to solve this epidemic”

Lose Weight & Get Better Sleep!

Oh, man or woman, this is a touchy and sensitive subject. Losing weight is a challenge but we all need to address this academic of obesity and the effects it has on our sleep in our community.

As stated in my last article, I provided a list of 3 Health Issues Lack of Sleep can cause; I mention number one is obesity. I can relate because the doctors told me

over 3 years ago, I had to lose weight because I was borderline diabetic. That was a wake-up call for me because my Aunt was a diabetic and I saw how she suffered along with other people, I know. I have lost 38 lbs. and I have approximately 9 – 14 lbs. to lose and tone. Most of all, I noticed how much better sleep I am getting since losing the

weight over the last 3 years. Okay, okay enough about me...I want you to experience the same or better results with losing weight and getting better sleep.

How does fat affect your sleep?

•Being overweight can cut off your breathing that your body needs to survive

•Stress on your organs which can cause it to work harder

•Lack of movement...move often, stretch, do something that makes you happy and your body will thank you in the long run

Is Sleep Important for Weight Loss? Of course, it is, this is why?

•Even if you are doing everything right to get sleep or unconsciously not getting enough sleep...sleep deprivation can severely increase your risk of obesity


Sleep deprivation can cause

- Increase in appetite
- Night food cravings
- Food digest slower
- Sugar remain in your body longer

I know there are so many ways to lose weight but why not try something that will improve your health along the way. Everything does not work for everybody. I cannot guarantee you will lose weight with the two recommendations but there are so many health benefits with using these natural, organic products, and healthy eating lifestyle change.

We all have heard in the News and social media about CBD and the Keto Lifestyle, but the health benefits will take you to another level of consciousness, purpose, and peacefulness.


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21 DAYS TO IMPROVE YOUR SLEEP HYGIENE & Lose Weight
 Is Sleep a Necessity or a Luxury?
 DONATA D. MOORING

HEALTHIEST SLEEPING POSITIONS

Your most loved sleeping pose could be giving you back & neck pain, tummy troubles, even premature wrinkles. Discover the best positions for your body—plus the one you may want to avoid.



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by maintaining a neutral position for head, neck & spine.

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ENTERTAINMENT NEWS

Artists, artisans and Social Transformers, stay hip to the heart beat of Arts & Culture in Rhythm Nation News.

Search here for the latest in Rhythm People Entertainment, Gigs, Bigwigs & Shindigs, and International Rhyme & Reason to connect with upcoming events, travel, investment/trade opportunities on the continent/diaspora and the inside scoop on how Rhythm People around the world are reclaiming our global cultural economy.

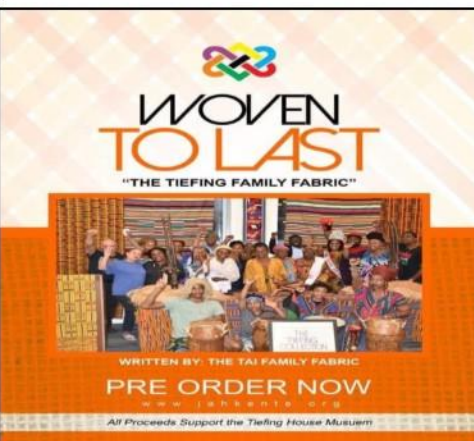
Culture is the New Currency!



WeAreTheRhythmPEOPLE

National Entertainment Editor

Ms. Kim Poole is a Soul-Fusion Teaching Artist and Founding Fellow of the Teaching Artist Institute (TAI), providing an opportunity for artists and artisans to learn techniques for social transformation while fostering outlets for socially engaged art. Through TAI, Kim and her team of Teaching Artists are originating the Art for Social Transformation, Teaching Artistry in Action curriculum & workbook for change agents and universities interested in exploring the "Art of Possibility" around the world. She has a passion for encouraging the "Rhythm People" as she refers to them, to reclaim their global cultural economy and a knack for celebrating the beauty and resilience of women with SUPERLASHES through her music and the Sheroes Sisterhood. At 32 years old, Ms. Kim Poole has over ten years experience in International Art Cultural Diplomacy and the world has only begun to learn how this Soul-Fusion Teaching Artist will redefine our understanding of artistic expression in social transformation.



Year of Return by Kim Poole

400 years after the world stood watch as African captives were seized from their homes for forced labor in foreign markets; African Nations have officially announced the long awaited request to have these Prisoners of War returned. Led by Ghana; the first African state free from colonial rule, a campaign coined the 'Year of Return' serves as both public acknowledgement and road map outlining repatriation policy for descendants of Africa's' historic Diaspora. On October 8th 2018 in Washington D.C. current Ghanaian President Akufo-Addo declared "2019 as 'year of return for Diasporans' and 2019 as the year all diasporan descendants of Africans who were captured and transported into the Americas as slaves in the 17th and 18th centuries return to Ghana"

1619 was the year and Jamestown, Virginia was the place that African People would be trafficked as human cargo thru what is now known as the transatlantic slave trade. In the face of famine and disease, European sailors were forced to explore solutions to the inherent scarcity of their environment beyond their shores. In search of curry painted stories in India and armed with faded lessons of Spanish moor navigators, Europeans haphazardly found themselves in the West African land of plenty.

Though Dutch businessmen began the trade in 1617, English traders more effectively instituted a coalition-led, phenotype based business model with the goal of ensuring Europeans would never go hungry again.

Still, this infamous turn of historic events has led to over 250 Billion Africans successfully thriving outside of Africa. Though disconnected by geographic location, the African who survived this treacherous conflict have been the leading influence and consciousness of Africa's liberation from colonial rule.



Ghanaian President Akufo-Addo

How fortunate then, that this population also be key to collective reemergence of Global Africa's near future. The year of Return ultimately asserts that the African diaspora is the true "Gold" that was stolen from the Gold coast.

Taking up the rear are African Nations' like The Gambia who have committed to joining Ghana in her invitation to descendants of enslaved Africans. Paying homage to the likes of Kunta Kinte; a Gambian native son unearthed by Alex Haley's autobiography roots, they too value the African diaspora and see a bright future on the Smiling Coast when Africans in the Americas reclaim their heritage and roots.

Even the European based African diaspora has heard the Year of Return call and will serve across The Netherlands, Germany, and France as a bullhorn of Global African healing and truth. Led by Dr. Barry Biekman, European representative for the United Nation's Inter-

national Decade for People of African Descent, February will also launch the Year of Return officially in Europe.

As over 60% of Africa's global population is below 40yrs old, the Rhythm People Coalition will primarily target youth for all Year of Return activities.

Here on the home front, in the USA Baltimore "Tubman city" will also prepare to host activities throughout the Year of Return. Led by organizations of the Rhythm People Coalition; a diverse alliance committed to implementing ideals of the Rhythm resolution, cross cultural orientation, communication, and educational tours will be offered to help interested repatriates navigate the journey home. Whether your stay in Africa is two weeks, a life time or perhaps and vivid daydream, 2019 is the voyage to self that Rhythm People have been waiting for. For more details email kpoolepip@yahoo.com

Gigs, Bigwigs, & Shindigs

African's Rising is Hiring

<https://www.africans-rising.org/www/2017/09/30/job-communications-coordinator/>

Maryland State Folk life is nominating

<https://www.msac.org/programs/maryland-traditions>

Seattle Foundation is Funding Pan African Projects

[http://philanthropynewsdigest.org/rfps/rfp9488-seattle-foundation-accepting-applications-for-vibrant-](http://philanthropynewsdigest.org/rfps/rfp9488-seattle-foundation-accepting-applications-for-vibrant-democracy-initiative?utm_campaign=rfps%7C2018-12-29&utm_source=pnd&utm_medium=email)

[democracy-initiative?](http://philanthropynewsdigest.org/rfps/rfp9488-seattle-foundation-accepting-applications-for-vibrant-democracy-initiative?utm_campaign=rfps%7C2018-12-29&utm_source=pnd&utm_medium=email)

[utm_campaign=rfps%7C2018-12-29&utm_source=pnd&utm_medium=email](http://philanthropynewsdigest.org/rfps/rfp9488-seattle-foundation-accepting-applications-for-vibrant-democracy-initiative?utm_campaign=rfps%7C2018-12-29&utm_source=pnd&utm_medium=email)

Teaching Artist Institute is Accepting Applications for the TAI Fellowship Program

www.TAItours.org

Big Wigs

Ghanaian President Akufo-Addo

Shindigs

Year of Return - Underground Railroad Excursion Open House January 8th 2019

www.TAItours.org

Martin Luther King Day of Service – Worldwide - January 15th 2019

<https://www.nationalservice.gov/serve-your-community/mlk-day-service>

Year of Return Launch The Gambia February 28th 2019

<https://statehouse.gov.gm/>

United Nation Women CSW Forum March 11th - 22nd 2019 New York, New York USA

<https://www.ngocsw.org/>

Contact Kim Poole: 443-739-0941



**Contributing Editor
Charles E. Pender Ph.D.**

**Author & Community Activist
President Emeritus Hopewell Action Council /
Southern Christian Leadership Conference**

GOOD "ligion" Needed In The Hood

In the dark and evil days in this land, many of them our forefathers, sang, "Go there rose up a few men and women with souls in deep despair. Some were repressed and some depressed, but all were semi-satisfied, nevertheless. Some of these people were illiterate and some did not know the difference between the *a* in apple and a bullfrog, but they did know God. They could not read or write, or carry on an intelligent conversation, or even an intellectual conversation, as you would say, but they knew how to talk to God in their own way. They would put their words into a song and out of this God-factor, they found some hope and they sang to keep that hope alive in their spirits. They sang compassionately completely saturated in their harmonized relationships. They sang as they worked in the cotton and the tobacco fields from sun-up to sun-down enduring the lashings of the massa's whip. Through song these slaves found hope in their Yonder Kingdom come. Even enduring their worst conditions they sang songs of hope.

Most of the slaves had no shoes on their feet, yet, were forced to shine the Massa's shoes until they could see the reflection of their faces in the boots they polished. So, they sang, "you got shoes, I got shoes, all God's chillin' got shoes. When I get to heaven, gonna put on my shoes and shout all over God's heaven."

The slaves had no idea how they would escape the massa's demonizing whip and attitude. YET, they sang two songs, which gave them a sense of reality which they envisioned, through hope, would come to pass. So, they sang "steal away! Steal away, steal away with Jesus. I ain't got long to stay here." The slaves often schemed and plotted how they were going to get out from the Massa, the cotton and tobacco fields and from the whips. To escape these brutal thoughts, they sang, "Swing Low, Sweet Chariot, come on and Carry Me Home." Yes, the slaves worked from sun-up to sundown in the massa's fields, but all the time, they had hope in this Jesus that they had never seen. This is true for them, but like them, one day we all will see him.

You see, Jesus was their hope in the morning; he was their strength in the noon-day hour, and they sang songs to Him in the cool of the evening. These slaves sang together in natural harmony: with not an abundance of food to eat they sang: "let us break bread together on our knees when we fall on our knees with our face to the Rising Sun oh Lord have mercy on me." As these slaves,

down, Moses, way down in Egypt land and tell o'pharo, let my people go." They realized the difficult situation in which they found themselves. These slaves, as difficult as it was for them, practiced Good "ligion" and they knew the difference between "ligion and good ligion." The slaves knew the difference, though. It was plain as the nose on your face. You see, there is a difference 'twixt "ligion" and "good ligion"! You see, some folks say "ligion" is shouting, getting happy, selling chicken dinners, or church social selective groups. Some call it fellowship or the "click", my friend, this is not "ligion." It's a fallacious prevarication - "a bad lie."

So, let us consult the real truth, which is God's word. Perhaps we may find a clearer definition of this thing called good "Ligion." The Book of Micah asks a question found in Micah 6:8: "He has told you old man what is good; and what does the Lord require of you but to do justly, and to love mercy and to walk humbly with your God." The answer to the question is found in the Book of James, chapter 1:26, 27.

The Bible says to its readers something the slaves of yesteryear knew, and something that we in these modern days, the grandchildren of some of the slaves, should know. The Bible says in James 1:26,27: "If anyone among you seems to be religious, and Guard not his tongue but deceive his own self the Bible says this person's religion ain't worth \$0.02 at all, but good ..." Legion before God the father is to take care of the widows and orphans and keep yourself unspotted from the world (paraphrased for your understanding). Well, by now as we continue to sing and hum today "Jesus Keep Me Near the Cross," the next question is where do we go from here?

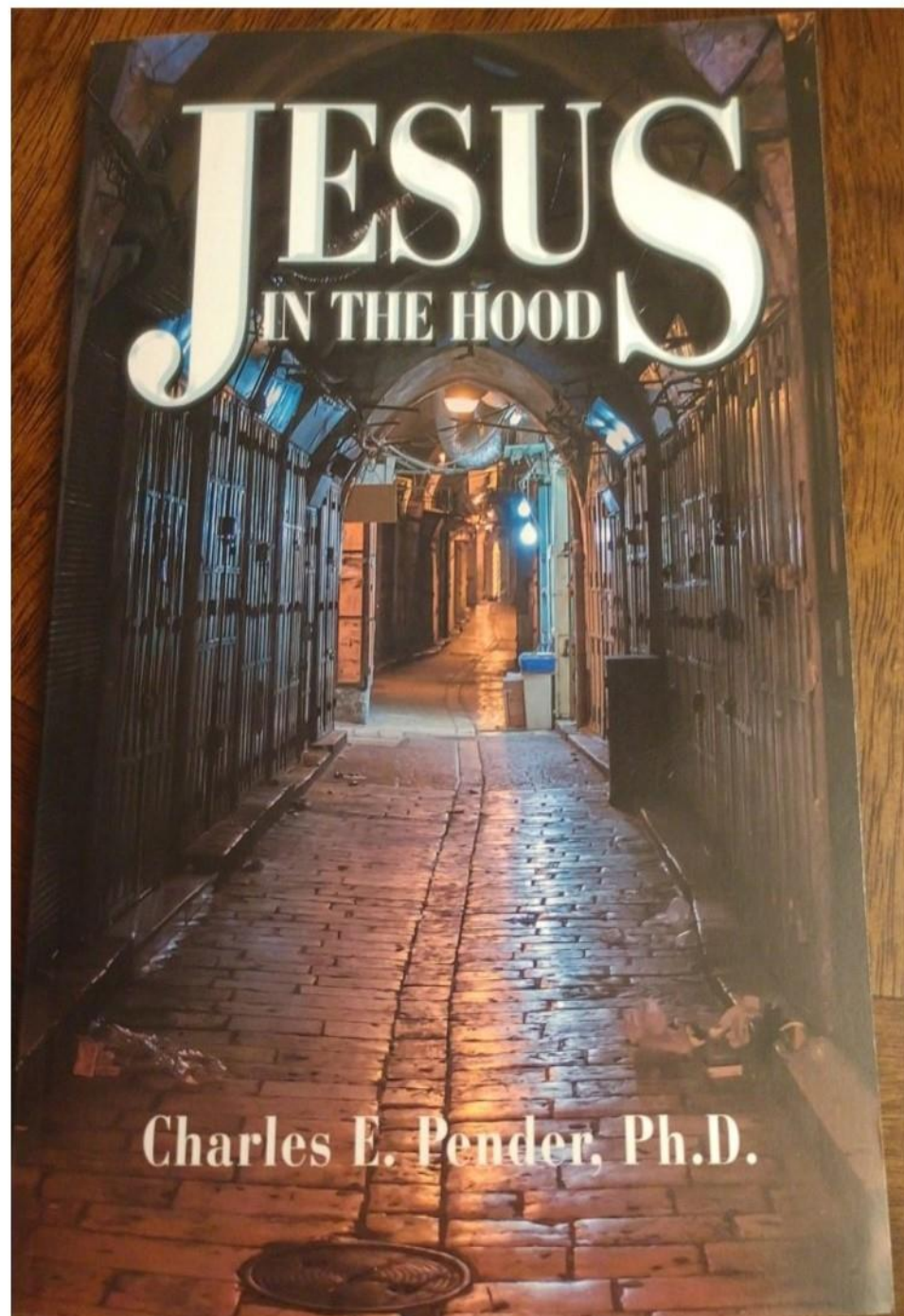
As we witness Yonder judgment to come, witnessing national calamities, earthquakes, fires and a nation in turmoil, references to "righteousness exalt a nation, but sin is a reproach"(Proverbs 13:34), some of us are feeling and witnessing the implosion factor of social racism, which is actually witchcraft on steroids.

Today" many descendants of Yonder slaves, some whom with uncertainty and confusion have embraced Psalms 137:4, "how shall we sing the Lord's song In a Strange Land? Perhaps, that relationship the forefathers had is the key. Eureka! Hope is alive today and many can now sing a new song. "Lead me guide me along the way, for if you lead me I can-

not sway, Lord let me walk each day with thee, Lead Me Oh Lord lead me." One way of getting the essence of all these songs, and more, one must address the internal problem, a Menace In The Hood, that pink tornado. Therefore, it is suggested that you, the reader, purchase and spread on social media the new alleviator of some pain and suffering which is found in the book *Jesus In The Hood*. The only book of its kind dealing with the number one problem in the hood, that TONGUE, and how to reverse that curse. After one reads this book and be-

gins to practice good "ligion" more brothers and sisters can sing with true meaning: "We Shall Overcome deep in my heart I do believe we shall overcome some day." *Jesus In The Hood* is designed to help reduce murder in the hood. *Jesus In The hood* opens with facts that will thrill you and a storyline with all in mind... *Jesus In The Hood*.

Thank you.
Charles E. Pender, Ph.D. (retired)
Drpender005@aol.com
1-804-691-0410



This book features a lot lizard and a prostitute who was extremely good-looking; her eyes and hair were dark and lovely than a thousand midnights. Her skin was chestnut brown. Her breast stood up like taillights on a '59 Cadillac; she was A brick 34-28-36 house." Her lips were round and full and her tongue taste like July Jam. She was eye candy and fat as a swamp possum with the mumps. She winked at a deacon in church and immediately they give him artificial respiration

If this got your attention then ...
The main thrust of the book is: How to stop the killing,
The prostitutes pimp also disrespected Jesus as he used the pink tomado trying to kill this woman. This easy read book encourages all readers to become a tool toward reversing the curse of killing with the "TONGUE" in the hood.....

A guideline program is in the back of the book. Buy it today... *Jesus In The Hood*. Stop the Killing.
Available Now a Amazon, XLIBRIS, Barnes & Noble and other fine stores or order online!

Contact Us:
Charles E. Pender, Ph.D.
Drpender005@aol.com
1-804-691-0410



Building Young Entrepreneurs

One can never know when opportunity will knock. You simply must be ready to answer the door when opportunity comes calling. This is exactly what happened when my path happened to cross the path of Mr. Bright Oloyo through a chance contact on the LinkedIn social media platform. Mr. Oloyo reached out to me with an invitation to consider participating in the Building Young Entrepreneurs Campaign 2019, in Lagos, Nigeria, as a motivational speaker. My initial reaction was disbelief, but my curiosity over-ruled and I allowed myself to engage in a dialogue. This dialogue developed into what is fast becoming a game changing opportunity for the young people of Nigeria, an international collaboration for The National Black Unity News and a once in a life-time chance for myself through the participation of the BYE Campaign. Building Young Entrepreneurs (BYE) Campaign is arguably the most awaited educational event of 2019 in the country of Nigeria. The reach will be global and the reasons why are shared in the interview below with Mr. Oloyo.

Who is Mr. Bright Oloyo? He is the Founder and convener of the BYE campaign. He is the visionary who has created this effort and has enlisted an amazing core group of people to help his vision become reality. His responses follow each question:

What is the reason behind this initiative?

In the face of growing unemployment coupled with an education system that is designed to produce job seekers rather than job creators, the importance of a mind-set change of school age children in Nigeria cannot be over-emphasized. The focus should be the creation and management of new small businesses which actually make the success stories of developed economies.

What are the aims and objectives of this campaign?

The campaign in collaboration with the National Association of Proprietors of Private Schools (NAPPS) in Nigeria, and a collection of seasoned entrepreneurs from around the world, is designed to steer young minds toward entrepreneurial and Industry Leadership skills, to prepare them for the challenges therein and provide them with the needed guidelines required to succeed. It is to also identify and provide support in the form of coaching and mentoring for these future leaders.

What is the coverage area for this campaign?

It is a nationwide campaign in Nigeria, but the first phase is geared to cover four (4) states of the country and shall be held in selected venues across these states. It will commence in Lagos state



with the **THEME: Steering the Nigerian child towards entrepreneurship and good leadership.** Each venue shall include presentations from successful entrepreneurs, captains of industries, celebrities, and motivational speakers from around the world. **An estimated one thousand secondary schools and fifty thousand (50,000) students are expected to benefit across the various locations.**

Why the choice of secondary/high schools?

This is basically because students in Nigeria choose their career paths while in secondary/high schools and pursue this path upon admission into the university. Hence it is imperative that they are the target.

How long is this campaign?

It is a year-long campaign, comprised of a calendar of events that would be held across the three school terms as operated here in Nigeria. That's why some people call it the biggest entrepreneurial campaign of 2019.

What is the campaign expected to achieve?

The campaign will help to identify students who are interested in entrepreneurship and a selected number of these students will be accepted into our coaching and mentoring program which is purposed to guide them towards becoming successful entrepreneurs.

Does having the National Association of Proprietors of Private Schools (NAPPS), which is an association for private school owners, as partners, rule out participation from the public schools?

Certainly not. Public schools throughout the country will be included and carried along, however preference shall be given to our partners.

Are there other partners or contributors apart from NAPPS?

We are humbled by the level of local and

international support the campaign has attracted, such as: The National Black Unity News, who have supported us from the start and committed to a dedicated page in their publication for the BYE campaign, also the exclusive campaign workbook was prepared and donated by Ms. Fran Allen, an author and visionary, whose selflessness has motivated and inspired us to see this project through. I would also like to mention Bobby Umar an outstanding personality and a renowned speaker who has supported this project from the moment he was beckoned on. While locally we have enjoyed the support of Qitech Technologies, B-WAKS Consultants, Nobelova Gradani Psychoeducational Services and a host of others who have contributed towards organizing a successful campaign.

What is the effect of the support of TNBUN on the campaign?

It is important to state that collaborations like this amongst black people around the world fosters growth and unity. The act of committing a page in their publication to this campaign not only inspires these kids to be better but gives them a sense of belonging and value. They feel accepted and united in this global village we live in. It also creates collaboration between black owned businesses here in Africa and those in the United States. So I will say, the impact is enormous.

Who are some of the facilitators for this campaign?

As previously stated we have both local and international facilitators such as

Bobby Umar – 5× TEDx Speaker and Inc. Magazine Top 100 Leadership Speaker

Fran Allen – Renowned American Author and Motivational Speaker

Donna Dahl – Award winning empowerment Coach and Author

Arc Bayo Adewakun – Principal Partner - B-WAKS Consultants

Segun Oruname – Founder - Qitech Technologies

Helen Oshikoya – Founder/CEO - Nobelova Gradani Psychoeducational Services

Afolabi Williams - Chief Executive Officer – Cyba Consulting

Abiodun Osoba - Founder/CEO - The Agile Advisor Global

Ify Onyebgule – Media Trainer, Author, Publisher and Radio Host

Ifeanyi Ogor - C.E.O - AssetKap Investment Limited

Taiwo Ajanaku - Founder and C.E.O – Matel-Tech Systems

Ede Joan Edward – Founder/CEO – Land of Ede Artisan

Rabi Adetoro – Certified Coach, Trainer and Speaker with the John Maxwell Team

Amaka Amalu – Experienced Business and HR Leader, Coach, and Trainer

Gori Yahaya - Founder/Director – Upskill Digital (UK)

Mary Fay Tita-Kuna - Founder/Director – Fay and Renaissance (UK)

And a host of others

This appears to be a huge project and considering the lack of sponsorship for educational events in Nigeria, do you have any sponsors?

We are presently in discussions with a couple of individuals and brands, and we are confident that we will find some who will be willing to partner with us in building a brighter future for the Nigerian child. We welcome support from all who are willing to help.

Any final words?

Nigeria is the most populous black nation in the world, and has been ranked as the country with the highest number of poor persons. So I just wish to call on every well-meaning individual and brand out there to support this great initiative aimed at improving the future of the Nigerian child with generational opportunity and self-sufficiency. To partner, sponsor, make a donation or volunteer, please visit www.bye.com.ng. Thank you in advance.



Bright Oloyo

Reaching The Unreachable Outreach Ministries, Dr. Andre H. Humphrey



Dr. Andre H. Humphrey is extremely passionate about his ministry and the services they provide to help people! I met this inspiring gentleman many years ago. Then and now, he is still on the frontlines providing services to those in need.

In our first meeting I asked him why he chose to do the work he was doing? He pointed to a picture on the wall of his office and explained to me that is a picture of my son who was murdered. I noticed the pain and agony on his face and he spoke very passionately about the trauma he suffered about the death of his son.

He said the death of his son was one of many reasons why he does the things that he do! This Brother have many accolades I could write about but I want to thank him personally and publically for putting in so much work over the years. Thank You Soldier! Here are a few of his accomplishments!

In 1988 after doing many revivals at the

Charles H. Hickey School, the Holy Spirit placed on Rev. Humphrey's heart that there was a serious need for an Outreach Ministry for young men. Many had given their lives to Christ, but there was no follow up available to them. After speaking with Bishop Robinson, along with the secretary of the youth facility, his name was given to Ms. Mary Slector who was in charge of volunteers. At this point he was ask to take charge of the mentoring program where he gave of his time for many years working strictly as a volunteer. Rev. Humphrey was then asked ten years later to be the Director of the Youth Ministry Outreach Program. Still many youth were being released with no where to go and no follow up. Out of concern for humanity Rev. Humphrey organized another ministry entitled Unity in the Spirit. This ministry which was combined of many churches in East Baltimore (Barclay Midway Corridor) participated in a thirty hour tent revival. During this revival many issues were addressed such as: alcohol abuse, substance abuse, homeless children with incarcerated parents, the rejected and down trodden, those individuals were given assistance on site without delay.

Out of this great coalition was the birth of a never ending relationship between the board members of Reaching the Unreachable Outreach Ministries and the Missionaries of the Fountain Baptist Church. In 2000, our former pastor the late Rev. Herman A. Ford, appointed Rev. Humphrey to work with the Missionaries, shortly afterwards, he was elected as their spiritual advisor, under their past president the late Sis. Gwendolyn Douglass. With hard work and

determination from both organizations they are afforded the opportunity of ministering to: nursing homes, prisons etc. Under the leadership of the Holy Spirit, they are going out into the highways and by ways taking the Word of God to God's people. His latest achievement is that of Baltimore Trauma Response Team.

In 2004, the Elizabeth Colbert House was established. This dwelling opened its' doors to homeless single mothers between the ages of 18 and 40. It was named after the Missionaries lifetime past President Ms. Elizabeth Colbert who remains a faithful supporter in addition to the Willing Workers, and many other members of Fountain Baptist Church (many of whom would like to remain anonymous). In June of this year Reaching the Unreachable Outreach Ministries was awarded a grant from the Family League of Baltimore City for the purpose of developing an after school program. Reaching the Unreachable Outreach Ministries is associated with many other programs such as: Men Supporting Men, Child Developing Policing Program, and the Prison Ministry, these organizations are supported by the new Chief of Operations (Dr. Pisha) and all other dedicated board members of this great organization. After eight years God is still smiling down on us and allowing us to continue on this journey.

Community Involvement

Baltimore City Policing Program, Partnership

Baltimore Child Development Community Program, Partnership

Survivors Against Violence Everywhere,

Partnership

Men Supporting Men Bereavement Unit, Support Counselor

Department of Parks and Recreation, Program Coordinator

Helping Those Who Witness Violence

Those who witness violence or are exposed to trauma can reach in many different ways. Violence can have a negative effect on a child's sense of confidence and self-esteem. Seeing frightening or distressing events can take away a person's basic sense of security. This can change the way children and adults feel about themselves and the world around them. Understanding what your feelings are is the first step in helping you and other members of your community to recover from the harmful effects of violence.

Book

The purpose is to lay the foundation for making ourselves aware of the needs and concerns of these individuals. As Christians we must face the fact that aside from seeing and hearing about these individuals, we must do whatever we can to aide them in turning their lives around. We must be willing to meet these individuals in all the areas of their lives, for instance, emotional, intellectual, physical and most importantly spiritually. There are many obstacles that are presented to these troubled individuals on a daily basis. We as Christian soldiers must be willing to step in and fill the void. In addition to God, we must inform them that there is someone and somewhere else they can go to gain the support and strength needed to survive.



Baltimore Trauma Response Team

The healing process starts with the **Baltimore Trauma Response Team** comprised of

A Police Officer

A Mental Health Clinician

A trained Community Worker (such as a Social Worker)

Because of direct or indirect involvement with drugs, alcohol, substance abuse, and crime, many are looked upon as hopeless, helpless, doomed no good, and any other negatives that may come to mind.

It is the mission of this ministry to bridge the gap with the family and provide services and solutions, which will improve their quality of life.

Our purpose is to let the youth know and assure them that there is a better way of life, and we are here to help them find it.

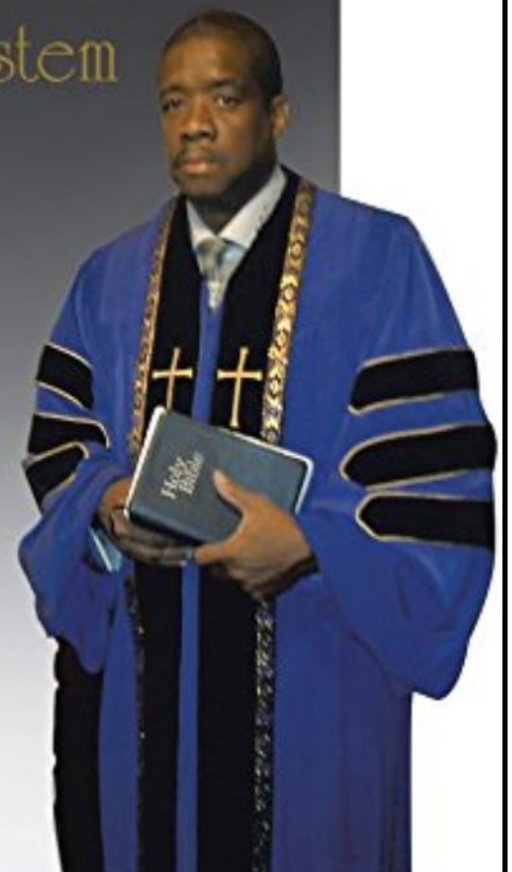
443-418-8898

rev.dr.andrehumphrey09556@gmail.com

www.thebaltimoretraumaresponseteam.org/

Rev. Dr. Andre H. Humphrey

Black Youth and The Juvenile Justice System



LANGSTON HUGHES COMMUNITY, BUSINESS & RESOURCE CENTER

Langston Hughes Community, Business and Resource Center is a nonprofit 501 c-3 located in the Langston Hughes Community of Park Heights, Baltimore. Opened on July 3, 2017 by George Mitchell, President and CEO, with the goal of having an accessible library for residents of Park Heights. The LHCBC successfully opened three libraries within the facility. Since then, the building has grown tremendously. There are several different businesses and organizations which offer many resources to the community. Equipped with programs for seniors, substance and mental health organizations, childcare

services which provide before and after care, computer lab which is open to the community and one of the largest WIFI facilities in the state, LHRBC focus is being a safe haven for all members of the community by changing the culture of Park Heights one person at a time.

Neighborhoods United is a structured Association founded on the principle that Unity of Effort is the Key to Success. The organization by-laws states "Our purpose shall be to build a unified group of Neighborhood Associations which act as one body with definitive objectives for the achievement of physi-

cal, social, financial and health improvements in Park Heights".

The guiding concept for Neighborhoods United is to bring Pride back to our neighborhoods through the revitalization and renovations required in each neighborhood. Neighborhoods United's goals and objectives for the past year were predicated on the need for safe, clean and progressive living areas. Our efforts are designed to facilitate the implementation of the Master Plan.

Neighborhoods United has a foundation which makes it unique in that it is composed of people who live in the area and

have a vested interest in making the changes needed for a comfortable lifestyle. This is evidenced by the active commitment at our monthly meetings, our weekly Board meetings, our Focus Group meetings and our "How to Build a Neighborhood Association" workshops. In addition, listed below are the joint achievements of Neighborhoods United and other Neighborhood Associations.

Our mission is to enrich the lives of residents in the Park Heights community, by being a safe place where families can connect to organizations, resources, and other individuals

ANNOUNCING A FOOD PANTRY AT THE CENTER
 We Cordially Invite You & Your Family

WHERE:
 Langston Hughes Community Business Resource Center
 5011 Arbutus Avenue
 Baltimore, MD 21215
 Off of Nelson & Reisterstown Road

DATE:
 Monday January 7, 2019

TIME:
 Doors Open at 1:30 PM
 Food will be distributed from 2:00 PM to 5:00 P.M. or until food runs out




Free Food For All!
 First Come, first served. Bring bags or boxes

For more information, call (443) 759-8954
 Or (443) 416-1443

LEYENDALE-SUNSET NEIGHBORHOOD ASSOCIATION | Langston Hughes CBRC
 Neighborhoods United | Hilltop 4100 | Building a Safe Community | Youth Educational Services, Inc 301c3 | MARYLAND FOOD BANK

"The Heights" Radio show




WOLB 1010 AM 2:30-3:30
 on Fridays
 "The Heights" Radio show Powerful stuff Call in
 410 481 1010
 George E. Mitchell-Host

Help Us To Help Our Communities! Donate!


Langston Hughes Community Business Resource Center History

Opened July 2017
 Houses 3 libraries
 Offer several classes such as Cyber Security, Phlebotomy, C.N.A/G.N.A, CPR, CMT, Medical Billing and Coding, Foreign Language, Cooking classes for children
 Smart Steps Daycare
 T.I.M.E. Organization mental health resources
 Youth Mentoring Groups
 1st PAL office to open in Baltimore City in 15 years
 GED Classes

Home of the Charm City Steel Drum Band
 Full size Gym
 Food Pantry twice a month
 2 Ballroom Dance classes
 Banquet Hall Space for rent
 Conference room space for rent
 Office Space for rent

5011 Arbutus Ave
Baltimore, Maryland 21215
(443) 759-8921

WEEKLY COMMUNITY LUNCHEON AT THE CENTER





Each Monday you are invited to a program of fellowship & conversation at the Center. We will meet at 1:30 PM, participate in a prayer of thanksgiving and sit down to a free hot lunch. All are welcome. Jobs, job training, GED Classes, health, voter registration and other information is always available.
 Free clothing and toiletries will be provided.

LASNGSTON HUGHES COMMUNITY BUSINESS RESOURCE CENTER
 5011 ARBUTUS AVENUE,
 BALTIMORE, MD 21215
 443-759-8921

Each Monday
 Time: 1:30PM TO 4:30

Please contact Mr. Rico Crawley of God's Giving Hands at 410-236-0942 if you would like to donate. Or visit God's Giving Hands
 GoFundMe.com/287dv67h

God's Giving Hands
 Feeding the Homeless & those in need

Youth Educational Services, Inc 301c3



Staying The Course *By Bill Goodin*

I guess having the benefit of living for sixty-six years, at least, gives me the right to say I have been around for a little while. During my years of living, I have seen a lot and I have experienced a

lot. I guess to an extent I could say that it was never about my personal life and what was in it for myself. I think my pleasure and my benefit was the mind-set, that I was making a difference in the world.

Of course many could argue the point as when it comes to one's personal life. Trust me, I understand that and yet regardless of what it may look like even if it looks like failure, I think I am where "GOD" wants me to be.

Money and power look good because we are living in a world where money dic-

tates one's ability to have items and prestige. However, when the end comes for any of us, we will be as equal as equal could be.

As I write this article, it is very difficult because I started off talking about something that seems as though it may have no relations to what I am writing about. I am sure there is a point even if it is just a build up.

I have heard people say and I have even said it myself, that "GOD" gives us all something to work with. Despite how it may look to others, "GOD" has given you something that belongs to you and with it, you must use it either waste it.

Often I have been a part of organizations where we start with a particular mission and a vision but as we would grow dissension would creep in. I am not against debating nor disagreements but to be a

part of creating division, this is the time when I step back and refocus and for that, I thank "GOD".

I have said it publically more than once, that my activism has never rewarded myself with money nor a big job. I did not become an activist to get rich...I became an activist because it seemed to be what was right.

If we start an organization and our mission is to check on elderly people and the sick and we propose it to be free, but then later on some of us decided that we should start charging then this is where division comes in.

I have seen good organizations that had solid missions and were very focused end up falling apart because of this reason. If our mission and our purpose are clear then let's stay true to what we agreed to.

For a large portion of my life, actually ever since I was a teenager, I have always been actively involved in organizations and etc. Since I was a young person I was always conscious concerning injustices and racism.

I have been fortunate to have had the opportunity to meet people from many

Celebrate Your Past, Experience Your Present, Anticipate Your Future , *Continued from page 4*

depend on the professional customer service skills you render and the quality of the product/ brand you provide.

So again as you welcome the New Year reinforce your commitment and beliefs in what you do. Raise your hopes in a toast of confidence, to the promise and new journeys that lie before you. Focus on what energizes your heart; then inject a solid foundation of passion and constructive work ethics and effort into that product or service. Let it be something you think about every day and dream about every night.

This new beginning calls for confidence and strength in your vision and your mission. Be ready to face any difficulties and challenges, with the ideas of innovation, discipline and improved principles

of competitiveness and self discipline. Keep in mind that your imagination is the key that opens the door to your success. According to Dr. Cloninger, "To succeed, you want to be able to regulate your impulses while also having the imagination to see what the future would be like if you tried something new to achieve your goals." Then as you anticipate success and prosperity in this new year, no matter what goals you have set, commit to climbing to the top of the ladder, not only economically, but also through your new positive attitudes and a made up mind.

The beauty of the human mind is that it has the ability to dream anything that you want to dream. With the strength of the human will, you can do anything that you want to do. Especially when you

trust yourself by testing your own limits. Perseverance is all it takes to build that courage to succeed. It's time to break those chains of fear and anxiety that keep you from pursuing your dreams. It's time to believe in yourself.

Always remind yourself that your future is in your hands and that you control your destiny. Constantly remind yourself that it is up to you to set the wheels in motion to become the successful person you want to be. Always believe in yourself and know that as long as you follow your heart and intuition age is not a factor when it comes to setting another goal or pursuing another dream. Keep listening to that inner voice of persistence for motivation and self-empowerment. Your success relies on your determination to have the courage you need to become

the successful person you were meant to be.

Although the road traveled has its hills to climb and rivers and valleys to cross you cannot give in or give up. Believe in the gifts and talents that you have been blessed with. Take this new opportunity to forge ahead with determination as you enjoy a more productive future. And always remember "your product, service or "project is only complete when it starts working for" you, rather than you working for it." – Scott Allen

COMING SOON:
Color Me Hungry
*Hungry*Homeless*Hurting*
The Bitter Taste
The Bea Gaddy Life & Legacy
-Dr. Barbara J. Watties



The National Black Action Portal

We Are Keeping The Dream Alive



Nation Largest Network Of Black Businesses & Organizations

<http://www.thenationalblackactionportal.com/> 443-455-2373

Good People There is this belief that when one is living their *good life*... The Master will send *good people*. One of those *good people* I met at the main public library in Petersburg, Virginia. This good person I met is James "Jim" McKnight. Meeting Jim was and is important. The events leading up to our meeting has me believing this is a divine connection...One of those mysterious alignments of people, places and events that benefits all who are involved. Meeting "Jim" was and is such a unique experience. Why do I feel this way you ask? Well...let me tell you, and the story goes like this. There is this table with all sought of flyers and business cards positioned near the elevator at the Petersburg Public Library, in Virginia. Kathleen (my wife) says that she had both arms loaded with stuff for a meeting she was about to attend. As she passed the information table on to way the elevator, a flyer caught her attention. So, she picked the flyer up.

It was after Kathleen had gotten home that she closely read the flyer. She got excited and eventually gave the flyer to me. After looking at the flyer...with my curious nature...I asked, "Why pick up anything with all those things you were carrying?" Her reply, "It was something intriguing about the word *sharecropper*, so I picked it up!" Then all the curiosity and excitement was about the sharecroppers' name, Willie Holliday Sr. Holliday! My mother maiden name is Holliday. My grandfather is also a Holliday. The flyer was an advertisement about an upcoming book signing at the library.

Weeks early, I had scheduled a meeting at the same library, on the same day, one hour before Jim's book signing. So, I put this book signing on my *must do list*.

Adjourning my meeting, I went directly to the room where the book signing was held. I purchased the book "My Story of a Sharecropper's Life", (authored by Sahara Bowser and Jim McKnight) and took a front row seat. Jim's daughter-in-law introduced him. And I did hear most of Jim's presentation. But I have got to tell you, I was *mostly* shaking my head slowly from left to right and squirming in my seat. Why you ask? While Jim was pitching his book...I was emotionally overwhelmed by the remarkable resemblance Jim has to my youngest brother, Prentice R. Murphy, and my mother's brother, my extremely close, late Uncle Bubbles. These three are no way near identical triplets, but their resemblance (to me) was breathtaking and emotional.

After the book signing, I presented Jim with an autographed hard copy of the *Promise Issue* of "The National Black

Willie Holliday Sr.

Lived in three centuries, he made history at death as America's oldest man

Available at: Amazon, Barnes & Nobles, Books-A-Million

Unity News", and our collaboration begin.

As a potential relative of this Sharecropper, I read the book, cover to cover. And I am so glad I did. I was amazed at how long Willie lived (111 years), and more amazed at how his efforts and successes effect our present day. The book is a chronicle of a great man's life, and it was his grandson, Jim McKnight, who brought his grandfather's deeds to light and documented them for future generations of his family and others.

What I also got out of the book was more possibilities that Jim and I have common ancestors. Jim's grandfather and my grandfather are not the same person, but they share the same last name...James Holliday Sr. My grandfather was born in Sumter, South Carolina, and Jim's grandfather is from Summer-

ton, South Carolina which is only 23.3 miles from each other. I was born a Murphy, but my mother, sister, uncles, and of course my grandfather were all born with the name Holliday. Jim and I both were born with Holliday DNA.

I observed James "Jim" McKnight in multiple interviews and off the record conversations since our first meeting. I find that his journey from Summerton, South Carolina, to Chesterfield, Virginia is truly an eclectic and an amazing one. He seems to be in a wonderful state of existence. And I am not the only one who feels Jim's full story need to be told.

Many of the historical things Jim has done has been well documented in various and eclectic forms. From Jim being an author and an entrepreneur is well

recorded. He is comfortable hunting and fishing in the woods, as well as the Board Room. He has a garden, travels, and he speaks highly and caringly about his family.

Jim has a long list of business affiliations and famous named associates. Jim also has a long list of social and civic accomplishments. The life story of James "Jim" McKnight, aka Boy Holliday, can no way be adequately expressed in any one newspaper or magazine article. Jim has a broad background to cover. So, I (like many others) suggested to Jim that he have his story told...in a Book!

FYI...The origin of some information... we will never know. But, the origin of your story should be told by you. It is rare for someone to accurately document and define your core emotional state of a past event and to know to what depths that event effected and moved you! I will admit that there are some cases when someone other than yourself captures your essence, your motivation, your concerns, and express your point of view, of you, better than you. They have that skill, that talent, and they are rare. Usually (and hopefully), this person cares enough to tell *your tale* about you and *not theirs*. Yet still, stories have an author. And I still submit to you that your story should be authored by the one who has the most information and the one who truly cares about the subject... you! If you do not tell your story...from your perspective, in your words, and on your terms ...can you find someone who will? Use dairies, journals, voice recordings, videos, holograms, or any means of recording an experience. Even a short stubby pencil is better than a long memory. Remember...with records... you do not need to accurately remember!

Do you believe (because of this article) a seed of a book has been planted? Do you believe that everyone has a story to tell? Jim (like many of you) already have enough material to author two or three books. So...Be not afraid. Your daunting task will not be what to write, but what to omit or leave out.

I have seen the pictures, newspaper clippings, proclamations, his book, and other documents highlighting Jim's past. On so many levels...you should see them too.

Dempsy Murphy

My Story of a Sharecropper's Life: Wille Holliday Sr Lived in Three Centuries
by Jim McKnight
Paperback
\$20.00 ✓prime
Ships when available in 1-2 days.
FREE Shipping on eligible orders

My Story of a Sharecropper's Life
by Jim McKnight
Kindle Edition
\$9.99

The National Black Unity News
Help Us, To Help You, To Help Ourselves

Call Us 443-455-2373

Join Now

<http://www.thenationalblackunitynews.com/>

Cut the Rope - 409 *Continued From Page 4*

moments that followed, as he hung suspended, he cried out in desperation, "Help me, God ! Help me ! ". Then he heard a voice. " Cut the rope !"....." What ? "... " Cut the rope !" More stillness followed, as the man held all the tighter and swung slowly back and forth, hoping in vain to make contact with the side of the mountain. Other climbers found him the next day, still hanging from the mountain, frozen to death ... two feet above a wide ledge. Unseen by him, the ledge would have been a safe spot where he could have dropped, recovered, built a small fire for warmth, and camped for the night. Copyright © 2001-2012 Veritas MC This may be a confusing byline, but this is not a misleading byline. This article is about success and failure...winning and losing as these two stories will reveal.

This story told of a mountain climber who desperately wanted to conquer the Aconcagua, the highest mountain in the Argentine Andes. He initiated his climb after years of preparation. Because he wanted the glory all to himself, he went up alone. As the day passed and it began to get dark, he did not stop to camp for the night but kept going. Night fell. There was no moon. Clouds covered the stars. Visibility was zero. Everything was black.

As the climber neared a ridge at about a hundred meters from the top, he slipped and fell into the total darkness below. In those anguishing moments when he was in free fall, memories flashed through his mind, both good and bad. He was certain he would die.

But then a jolt almost tore him in half. Like any sensible mountain climber, he had used pitons and a long rope tied around his waist to stake himself to the mountain. The top piton held, and the rope broke his fall.

He groped in the darkness for the side of

the mountain, but it was out of reach. In the terrifying moments that followed, as he hung suspended, he cried out in desperation, "Help me, God ! Help me ! ". Then he heard a voice. " Cut the rope !"....." What ? "... " Cut the rope !" More stillness followed, as the man held all the tighter and swung slowly back and forth, hoping in vain to make contact with the side of the mountain.

Other climbers found him the next day, still hanging from the mountain, frozen to death ... two feet above a wide ledge. Unseen by him, the ledge would have been a safe spot where he could have dropped, recovered, built a small fire for warmth, and camped for the night. Copyright © 2001-2012 Veritas MC

The Cut the Rope and Formula 409 stories were shared with you to show that most successful people were persistent, and they stepped out on faith. Most successful people will tell you that the road they traveled was not always smooth. There were lumps, bumps, bruises, and major obstacles they had to overcome. Many successful people will also tell you that doubt may set in. That light at the end of the tunnel not only looked dim...the light was out! With persistence and faith...they overcame the lumps, bumps, bruises, and were successful.

Now, don't confuse our personal standard of success with reality. Yes...the money matters...but the reality is that successful people accomplish their desired aim or purpose despite any opposition. The reality also is that success is relative. Peoples' perspective of who is successful and what success is varies. Again... Yes...the money matters...but tell that Cleaning Lady with no husband, who all eleven (11) of her children are college graduates, she is not a success.

Countless people in our social circles are wonderful examples of success and their story is not told. Some folk have a treasure trove of experiences to share...others may only have one nugget. Regardless... that one nugget could potentially go viral and assist millions in their life's journey.

No matter how raw or reveling, sensitive or enlightening, these stories are samples and examples of our community. Now, everything one does should not be exposed to communal scrutiny, however, our stories need to be told. And told by *someone who cares.*

Persistence and Faith is the claim made by many as the bases of their success. However, there are a few who attribute their success to *pure luck!* Yeah, Luck! And luck has its place in many success stories. The main word in defining luck, is chance. Chances like opportunities are all around us, but for most of us, fail to recognize them, and so they feel unlucky. Then there are those who vehemently believe that being prepared when opportunity knocks is what the masses are calling *luck.* To them, *luck does not exist.* When a professional athlete is picked up by a team and signs a contract...is that luck or preparedness? How about your current employment (self or otherwise) ...there was absolutely no previous requirements to do the job! Was it luck or preparedness that got you there? Regardless of the luck factor ... preparedness, persistence and faith were their pillars for success. And yes...there is an app for that, and countless self-help books and publications on *the formulas of success.*

Any community functions best with informed citizens using the greatest tools wisely. Yet, many of us have not explored in-depth the many tools and vast amount of information within one hun-

dred (100) miles of your home. Museums, National Parks, Libraries, and Other Resources...and I repeat...*Other Resources* are available to help you realize who you are...help you stay on your true path...help you have a story worth telling...help you see your future a little clearer. The questions..." Who am I, and why am I here?" pop up in the mind of us all. And until you receive a satisfactory answer to those questions, you have the tendency will feel a little lost. You may think this is a naïve answer to such profound questions, but all one need to do is in earnest, *ask yourself the question, and then just listen.*

There were many people born on this earth whose names and their stories were never documented. There is no physical or digital footprint of their existence. Around the 1940's, America started keeping fairly good records of public media. And yes, it was the Black Newspaper, Black Publishing Houses, and other Media Outlets who controlled and distributed most of our stories as we wanted them told. It is unfortunate that some of what was documented got lost in fires, floods, and other natural causes. While other vital pieces of history (especially about certain segments of our nation) were deliberately erased, lost, stolen, and hidden.

Journals, diaries, voice recordings, videos, holograms, or any means of recording device at your disposal is to be used and used often. I am quoting someone, but I know not who, who said "It is better to have a short stubby pencil, than a long memory". Your silence serves no one...you included. So, in closing... Seek and you will find the answers to your questions and fulfill your desired goals. How? By being *persistent* and knowing that sometimes you just have to *cut the rope.* Dempsy Murphy

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Self Development Success (SDS) is pleased to enter into a partnership with the **Building Young Entrepreneurs Campaign 2019 (BYE)** to support the mind-set change and education of students in Nigeria to consider the ongoing benefits of becoming business owners and job creators. Our youth are the leaders we will come to depend on in the future. We must invest in their training now to secure the foundation of their futures and ours. Because this critically needed program functions strictly on sponsorships, private fundraising and philanthropic contributions, SDS has committed to using the sale of their latest released e-book "From Creativity to Creating Income: Turn What You Know

Into Dough" to raise funds to support this program and the students who participate in it. "From Creativity To Creating Income: Turn What You Know Into Dough" is a quick read and packed with information affirming that we have everything we need to meet the demands of our daily living. It is also a must read for young people to expose them to the reality of money, how to make it and how to make it work harder for them than they had to work to make it.

ABOUT BYE

In the face of growing unemployment coupled with an education system that is designed to produce job seekers rather than job creators, the importance of a mind-set change of school age children

in Nigeria cannot be over-emphasized. The focus should be the creation and management of new small businesses which actually make the success stories of developed economies. This is the mission and vision of the Building Young Entrepreneurs Campaign, and why we need your help.

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Please lend your support by going to the Building Young Entrepreneurs' website www.bye.com.ng and click on the "SDS E-Book Fundraising Program" link. You will be redirected to the fundraising page where you will be able to purchase an e-book copy of "From Creativity to Creating Income: Turn What You Know Into Dough" and the link to download

your e-book will be active for 3 days from the date of purchase. An unprecedented 50% (fifty percent) of the gross sale will be donated directly to the BYE Campaign and be used for the direct support of the BYE Campaign and the education of the participating youth. Following your purchase, please share this information widely and often with your entire network and social media platforms (asking them to do what you just did) to generate more support for this life changing effort. Your support is crucial to continuing this life changing connection for these deserving young students.

There is no time like the present to show your support! Thank you!



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The Marching Elite Foundation *By Abimbola Ajaiyeoba*

How we respond to obstacles while pursuing a mission or goal determines whether or not that mission or goal will be fulfilled. Mr. Dennis Lee, Band Director/ Executive Director, of the Marching Elite Band, knows this all too well but that never stopped him from incorporating this Band as a non-profit organization in 2006.



Mr. Dennis Lee, Band Director/ Executive Director, of the Marching Elite Band, knows this all too well but that never stopped him from incorporating this Band as a non-profit organization in 2006.

The Mission of the Marching Elite Band is to provide a music and arts education to schools and communities that are under-resourced while providing show stopping, feet stomping entertainment to audiences worldwide.

The Marching Elite is an ensemble of instrumentalists, dancers, and a flag team that has performed in communities, for the Mayor of Baltimore and other States. The Band has also been asked to perform in Paris but securing the funds has proved to be a challenge that Ms. Dennis is working to overcome. Besides securing funds, Mr. Dennis states that the band is in need of percussion instrument and a permanent space in which the band members can practice. Currently, the band members meet at their temporary space for practice at the New Era Academy, Tuesdays- Thursdays from 3:40 pm- 7 pm and Saturday from 11-3pm until. Anyone who is interested in joining the Marching Elite is welcomed to come to practice.

Practice is held by former students who have aged out of the band and want to give back to the community. Royal Banks Dance Director of the Marching Elite joined the Band when she was in High School. Royal stated that when she joined, she had a minimal dance background. Each time she went to practice she found it very challenging and often

times difficult. There were many times Royal said, "I wanted to give up and there were times I cried but Mr. Dennis and Kelly the Direct of Operations encouraged me not to give up". Royal listened and a year later became Captain of the dance line. She stated that Mr. Dennis and Kelly saw something in her that she couldn't see in herself. What they saw in her was a great leader that can lead but she just saw herself as a regular teenager. Royal stated, " Elite groomed me into becoming a great leader and I would not have gotten the great opportunities that I've gotten in college if I didn't learn the leadership skills that I learned from Elite. Joining Elite was one of the best things that I have done".

Mr. Dennis stressed that the Marching Elite is not only about providing a music and arts education to individuals in under-sourced communities and schools but also providing human services and this is why he stresses that we are also "Human Service Organization welcoming people who have a heart for people." Mr. Dennis further states that " Kids don't care about how much you know until they know how much you care".

Many students raging from Middle age to college all have their stories to share about how the Marching Elite has changed their lives and how you are taught to overcome obstacles. The

words, "No" and I can't is not an option in the Marching Elite.

As stated by Mr. Dennis, "Don't let the word 'No' discourage or stop you. Instead, flip the word, 'No', to 'On' so that every time you hear the word 'no' you need to get turned on so that you can push harder and further", even if it means taking the band to neighborhoods and knocking from door to door to recruit new members or shuttling new members who may live in Prince George County or Washington, DC and need to come to the New Era Academy for practice.

Knowing how to overcome obstacles when pursuing a mission is very key to determining the success of your business or any other thing that you might want to pursue in life so after reading this article and you think that you are too old to join the Marching Elite, don't worry because they accept adults as well. It's never too late to pursue a mission or goal. Just get it turned on so that you can push harder and further.

Contact Information for The Marching Elite:

Mr. Dennis Lee

CALL AND TEXT: 410-635-4831

E-mail: THEMARCHINGELITE@GMAIL.COM

FB: THE MARCHING ELITE



The Standard Drumline



After-School Program



Elite Fire Dance Team



Crimson Blaze Color



The Elite Experience



Elite All-Stars

The Marching Elite Foundation is a not-for-profit organization dedicated to providing quality educational opportunities for youth and young adults in the marching arts. These opportunities occur in a safe setting which promotes the so-

cial and artistic development of participants through creative programs, designed with the highest possible quality of leadership and instruction.

The marching activity has been described as a rare combination of musical

entertainment, physical activity, competition, social opportunities, travel, and fun. It is about learning, coping and growing. It is an activity in which you can put your talents to the test and push your own limits. The test is the pursuit

of excellence, both as an individual and as a member of the team. The marching activity is full of excitement, opportunity, and challenge. Welcome to the exciting world of marching band and to the exciting world of The Marching Elite!

The Marching Elite Foundation
<mailto:themarchingelite@gmail.com> Tel: 1-410-635-4831
<https://www.themarchingelite.org/>

THE FUTURE CHILD, A MUTATION *Continued From Page 12*

is obsessed with running fast to get somewhere and running faster to leave the place they ran fast to reach. They are also obsessed with obtaining things they want because others have them, although they don't need these things, they will destroy their lives trying to obtain them. We are living in a spiritual and psychologically decaying age. We are living during a time where we have seemingly been permanently infected with historical stupidity and consumed by our own present day intellectual ignorance. Notwithstanding, the affect the now generation will have on the future will be extraordinarily profound.

We are living in a world of total confusion and where blind ideals exist in an unconscious reality, that will be real when it impacts on the children and the children of the children who will be the future. We are humanistically and spiritually perplexed. All existing governments were written up by men. On the surface they appear to be something grammatically workable, consciously desirable, and meaningfully appealing. But painfully we all know the written manifestation is seldom, if ever, perpetrated into the physical actuality. It is subliminally written and perplexingly spoken:

"The art or science of governing people is called politics, but the true unequivocal methodology of politics is called politricks. We are conditioned to political functions. Unknowingly to us, but very methodically, politicians trick us. They artistically bring out our hidden emotions and turn them into something painful. Then they smile as they deliver their emotional lying message, perplexingly negative to your ears and minds. They stir up hope, but the hope is purposefully frustrated. This unholy

desecration will continue until we decide to change it. We the people of this country and every country around the world must come of age and open our blind eyes. We must grow up before there is nowhere to grow. Politics, politicians, and politricks have sent us to war. These three components have killed and crippled. They have caused unnecessary suffering and they have created a perpetual cancer that will inevitably cause humanity to be no more. Politics as is, is certain death to everyone on earth. We will cease to be if we don't help ourselves, and the future will not be if we don't do something to assist in its coming right now."

Dear God, all the religions man has created and practice everyday are personal manifestations motivated by selfish desires. The meticulous destruction of our conscience and true connection to You, the Creator of all things, by our so called religious leaders are unacceptable. We have a duty to the children that are today and those who will be tomorrow. We hold their future in our hearts, minds, and mortal souls. The unconscious destruction of ourselves and the conscious desecration of nature's natural order of life, by those who say these things are being done in the name of God and by the will of God, should cause us all to ask the question "why?" And before we look towards the answer to the question why, it should be evident to all the people of this generation that they are destroying the future for the children. They should truly embrace the answer to the all important question of why, but I don't think they can because I don't think they realize the question exist. Notwithstanding, the now generation don't know why they are doing what they are doing. The man in mankind is

in control and he refuse to believe what he is doing is wrong. Nevertheless, we of the now generation should humbly transmit our sincere apology in writing to the children of the future. We should carve these words in the hardest stone to preserve their existence, so the coming generations will know we are truly sorry. We should let them know what we have done to them and their future is inexcusable.

The man in mankind, as the unyielding commander and humanistic martinet advisor of our past and present existence, has psychosomatically created something new beyond nature and the natural order of life and living. Due to his ignominious actions, there is a new strain of life coming to populate this earth we call home. And although it will be a mutation of us, as we are today, it couldn't be as bad or destructive to earth and the perpetuation of humankind as we are today. In fact, I am sure the new life form mental and psychological development will be better than the one we have right now.

Look beyond that which you have been taught to believe and you will see there is more. You will see there's going to be an unwanted but inevitable physical and/or psychological cataclysmic phenomenal happening soon. And when it happens, it will eliminate most of us here on earth. The survivors will be the beginning of a new generation and they will be totally transformed from what we are, to what they are going to be. They will be a psychosomatic spiritual permutation as well. A new human existence will be created from that which was the past. They will be the beginning of a new world and they will be mankin-dish. Right now, at this very moment, we are perpetrating into the mental and physical reality of us, the inevitable process of systematically eliminating man-

kind as it is today. Think about it. Our food is no longer food as it once was. There are too many preservative, as well as known and unknown filler ingredients for it to be called real. The air is impure and the accepted noise level is making us semi-deaf. Hereditary traits are being scientifically altered by demand and clones are being created with the hopes of prolonging an individual mortality. The physical changes they are making in chromosomal exploration, alteration, and implementation are hideously frightening, as the fundamental changes in genes are blasphemous. The mind that exist in mankind unnatural desire to be a god, is totally disrespect to the true One God. And the man in mankind is making a pure ass of himself, as he continues to mess-up the world we live in.

Oh yes, we will create a new form of life (a future child), but it will be part human and part something else. The new child may not eat anything, or it may eat everything, organic and inorganic. It may have an electromagnetic heart and a brain that function off of solar energy or static electricity. Its eyes maybe crystallize or bio-luminescence and the rest of the body will most likely be humanistic remanence of a past life, to remind them of what they once were. The future child will be a mutation and the now generation will be the cause of their damnation.

So, I say to you in these few words, "The Future Child will be a Mutilation" if we of the now generation don't do something to help ourselves now, and their future which will be here soon. We are the builders of that which will be or not to be...

By, Faouly A. Umoja

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THE RIDE II "Final Resolution" By Larone Dyson



ness Administration from Strayer University.

I am the author of the novel THE RIDE II "Final Resolution". In addition Writer and Director of an up coming movie "THE FINAL RESOLUTION" based from the novel due to set shoot Spring 2019. Auditions for the movie will be held on October 28, 2018 1:30pm-4:00pm at the Randallstown Library Conference Room, 8604 Liberty Rd. Randallstown Maryland 21133. I would like to add my success and achievements were through the strength of The Lord and the support from Family and Friends.

Now getting down to THE RIDE II "Final Resolution". There three sides to every story: your side their side and the truth. Many times we want the outcome to fall in our favor for benefits or profit; sometimes that sacrifice will cost a hefty price. This story takes place in Baltimore and will deliver three elements "LOVE, LOYALTY and GREED. I hope you enjoy the read and be prepared to go on "THE RIDE" of your life.

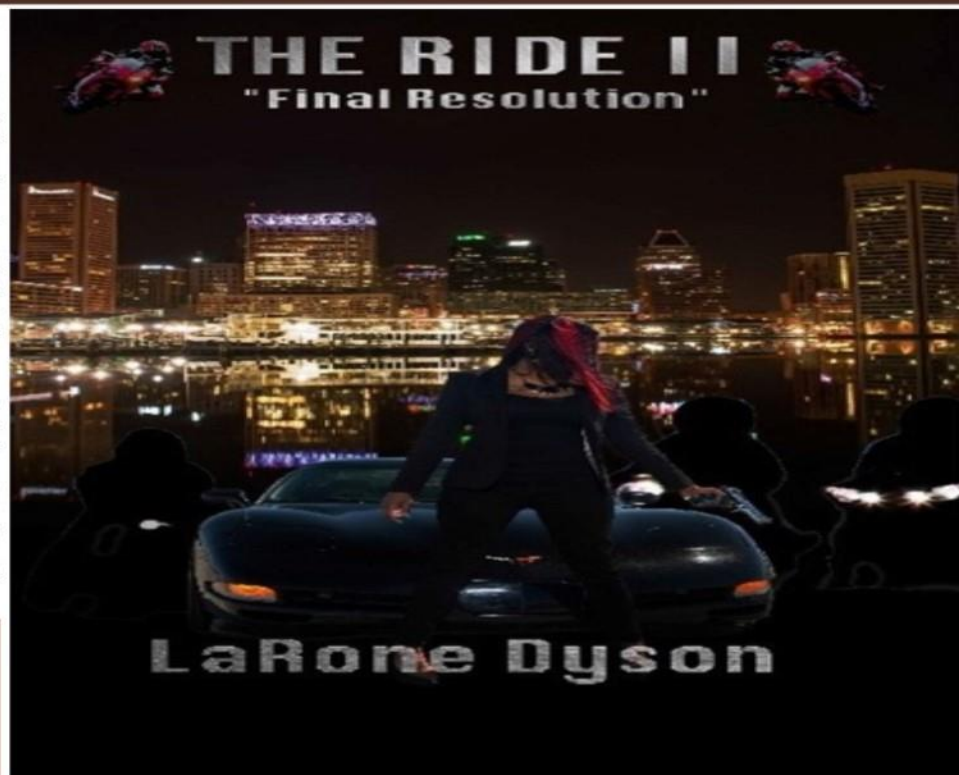
Greetings National Black Unity News readers. My name is LaRone Dyson, I am a Baltimore Native, joined the Navy at the age of 18 and retired with full honors of 24 yrs. I must tell I would do it all over again and wouldn't change a thing. The Navy has trained and taught me valued skills needed for life survival. I earned my Associates Degree in Busi-

Contact Us:

Larone Dyson

410-736-0028

ronnin1210production@Yahoo.com



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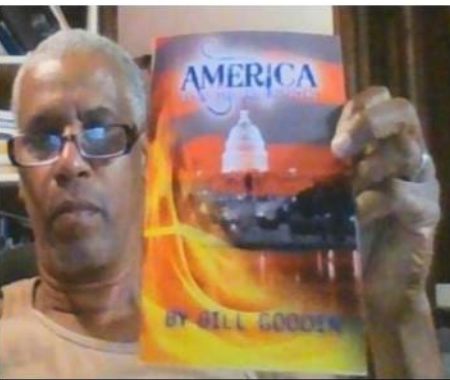
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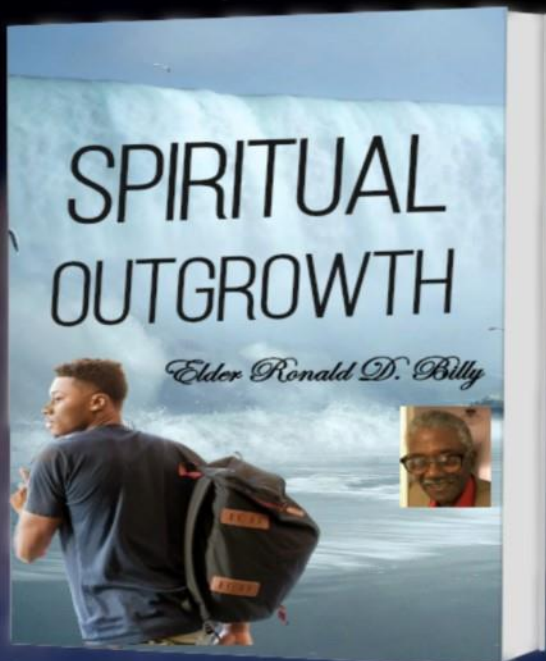
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By: Elder Ronald D. Billy



Elder Ronald D. Billy is a member of The New Fellowship C. C. Church for the past 38 years and a tailor at the Triple R Alteration Center for the past Forty-seven years. Throughout the year of 2019, I will be announcing the introduction of my book Spiritual Outgrowth that will be published in 2020. So, stay tuned as you read The National Black Unity News next issues.

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Nailah's



Authentic Senegalese Cuisine & American Favorites



Mayor Catherine Pugh & Aghodjogbe Muhammed



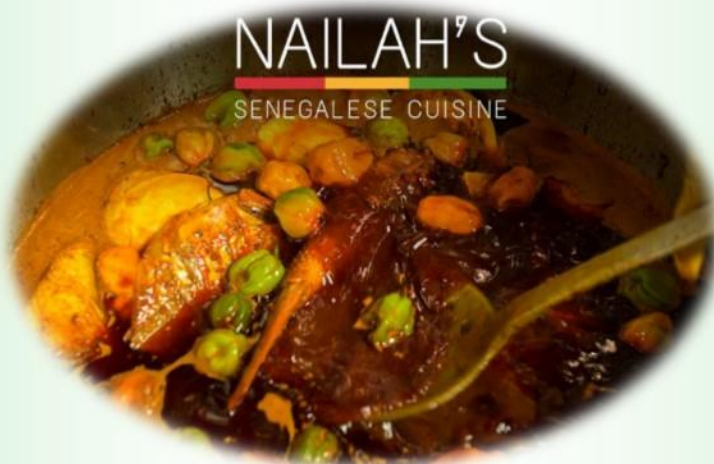
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CRAB CAKES



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